MAN KILLED IN DAYTIME SWARMING, PG 4

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Inspectors lacked virus tools: Report

FLU OUTBREAK CBC News says it has obtained a report indicating federal inspectors did not take proper precautions or have the right equipment while investigating an influenza A (H1N1) virus outbreak, also known as swine flu, on a central Alberta pig farm.

Dr. Jim Clark, national manager for the agency's disease control section, acknowledges that in this case, the proper protocols and procedures were not fully observed.

THE CANADIAN PRESS

FocusOn FirstNations

Metro Canada continues its focus on First Nations and Aboriginal news, community issues, arts and culture as part of a special series leading up to the Assembly of First Nations convention, today through Thursday, in Calgary.

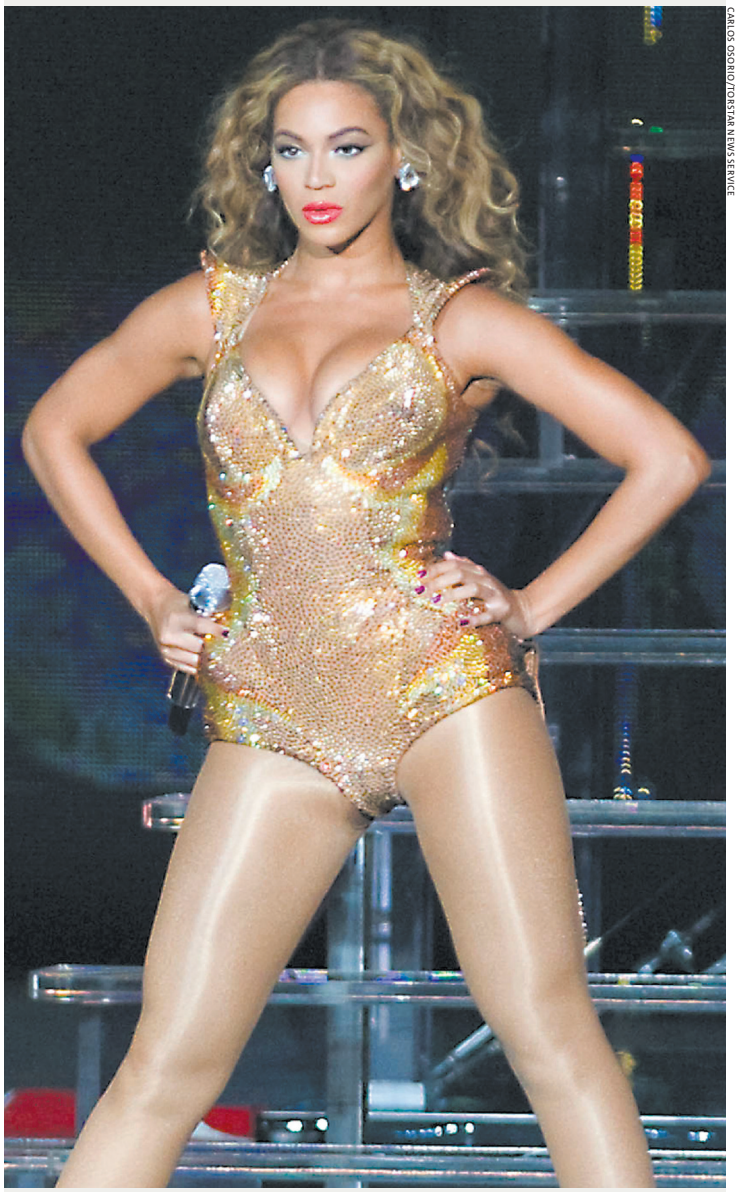
- Today
- **Lawrence Martin looks at John Ralston Saul's book A Fair Country, page 12**
- **Charles Davies on Aboriginal relations with Ottawa, page 12**
- **Football player helps community, page 20**
- **Projects target diabetes, page 23**
- **The Time Traveler is new APTN pilot, page 28**

T.O.CivicStrike

The latest news about the Toronto city workers' strike.

- Today
- **Temporary dump sites not practical: Mayor, page 3**

Beyoncé **Golden girl**



CARLOS OSORIO/TORSTAR NEWS SERVICE

Supporting her I Am Tour, Beyoncé performs last night at the Molson Amphitheatre. The singer and actress wowed the crowd with both her performance and fashion. Review, page 32.

Sense of relief

Family believes body found is that of Victoria Stafford

The family of little Victoria (Tori) Stafford expressed a sense of relief yesterday that the remains of the eight-year-old girl abducted 3½ months ago have most likely been found by police.

The girl's aunt told a news conference yesterday that the discovery of a child's decomposed remains in Mount Forest, a 90-minute drive from Tori's Woodstock home, would prevent a lifetime of wondering if she was still alive.

Rebecca Stafford says hope for the safe return of the girl she called their "sweetheart" has finally dissolved.

She said the family girded for the worst when they were called by police Sunday night, but tried to take solace in resolution if they were told her body had been found.

"Our mentality going in was regardless of what they had to share, it would be positive because even though it's not the ending we were hoping for, we're not going to be spending a lifetime wondering," Stafford said.

"We're not going to be looking in every car, in every backseat that we drive by, in every window of every house we drive by, we're not going to be wondering if Victoria is in there. So, yes, there is a sense of relief."

DARREN CALABRESE/THE CANADIAN PRESS

Police and attendants from the Hendrick Funeral Home load the remains of a child into a hearse yesterday after a body was found in a field near Mount Forest.

She said the family hadn't given up hope even after two people were charged.

"We've said all along until we had her physical being we would not speculate on her spiritual being," she said.

Tori's father, Rodney, said news that the extensive police search of the fields, rivers and woods of rural Ontario had finally yielded a body was not what the family was hoping to hear.

"Out of the scenarios we came up with, it was the worst of the possibilities," he said.

THE CANADIAN PRESS

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Toronto teen dead after mini-bike crash
A 16-year-old Toronto boy is dead and a Markham man is facing an impaired driving charge after an ATV and mini-bike collided in Whitchurch-Stouffville Sunday. Ian McLaren, 23, of Markham, is charged with impaired operation causing death and dangerous operation of a motor vehicle causing death. TORSTAR NEWS SERVICE

Local

Cops searching for Don jail escapee

Police say Jordan Forbes was awaiting trial on four counts of robbery when they believe he impersonated another inmate to escape. Police say Forbes' criminal background has charges from North Bay to Belleville. Police advise anyone who sees him to not approach him, and quickly call 9-1-1 or Crimestoppers.

TORSTAR NEWS SERVICE

INDEX

Canada Pg 7
World Pg 10
Comment Pg 12
Business Pg 13
Your Money Pg 16
Sports Pg 18
Workology Pg 21
Health & Beauty Pg 23
Entertainment Pg 28
TV Listings Pg 32
Celebrity Buzz Pg 33
Take Five Pg 34

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Why not clean up closed dumps?

Mayor Miller says it would be too difficult and not practical

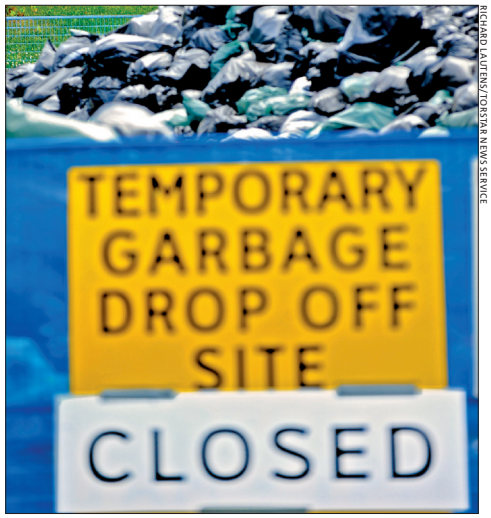
Why not just truck it away?

As people wonder why temporary dumps that have closed aren't being cleaned up, Mayor David Miller said such a move would be difficult and not practical.

"Certainly we would view that as crossing the picket line," Local 416 president Mark Ferguson recently told the Toronto Star.

Ferguson added, "What's going to resolve this strike is strong picket lines, and we're not in a position to be removing the waste that has been set at the temporary dump sites. It is a visible indication of the important work that our members do every day."

Some question the legality of using parks and recreation facilities as temporary waste dumps, but the city contends it has permission to operate them.



RICHARD LAUTENS/TORSTAR NEWS SERVICE

Wishing Well Park in Scarborough is one of the parks used as a temporary dump and is now closed. Some of the temporary garbage sites originally opened by the city have begun to close.

T.O.CivicStrike

"It's true that parking lots in parks or rinks were not designed or intended to host temporary garbage storage," said Miller spokesperson Stuart Green. "But the Ministry of (the) Environment has given us the approval."

The city wishes it didn't have to store garbage, said city spokesperson Kevin Sack.

"Nobody wants these temporary dump sites," he said. "In fact, we would agree with residents who wish they weren't there, but the fact is they have to be to ensure the orderly management of garbage."

The mayor is pleading for continued patience from citizens.

"We will clean the sites up very, very quickly after the strike is over," Miller promised. "I understand in 2002 it took about 36 hours and everything was cleaned up."

The mayor said he's concerned about the strike's impact on students who lost summer jobs, welfare recipients who may be losing benefits and children missing day camps.

"The garbage is being dealt with reasonably well," Miller said.

On Friday, a week after the city publicized details of its latest contract offer, Miller decried the slow pace of bargaining. While he said some progress was made over the weekend, he'd like to see more.

TORSTAR NEWS SERVICE

School shines in summer spotlight

ARTS They watch So You Think You Can Dance as homework.

They create dance routines in the park and plan group choreography for a mystery piece of music.

Not a bad way to earn a high school credit.

The panting, sweating teens working the stage one July afternoon are part of the first crop of students to study in this cutting-edge North York arts school without having to suffer the brutal audition.

In the first summer school ever offered at Cardinal Carter Academy for the Arts, everyone is welcome and Camila Gamboa is still pinching herself.

ANDREW WALLACE/TORSTAR

Students work on an exercise during summer classes at Cardinal Carter Academy for the Arts in North York.

"No one believes me that I'm coming to summer school for dance class and getting the last credit I need to finish high school," said the 17-year-old student at Don Bosco Catholic Secondary School.

From mirrored dance studios to band classrooms and musical computer labs, 310 students from the GTA are earning credits this summer in everything from dance and drama to singing and film, band, photography and composing music, says Carter guidance teacher Blair Duckwort.

Duckworth said he will have room for nearly twice as many students next summer.

TORSTAR NEWS SERVICE

Caught in the act on 401

OOPS Ontario Provincial Police say a driver who was pulled over for speeding on the weekend was watching an adult film at the time.

Police say they pulled over the car on Highway 401 near Port Hope Saturday morning and noticed the male driver was watching pornography on a portable DVD player sitting on the passenger seat.

Efe Osemwegie, 32, of Mississauga, is charged with speeding and operating a motor vehicle with a television visible to the driver.

THE CANADIAN PRESS

News in brief

LISTERIOSIS An investigator's report into a deadly bacterial outbreak won't be tinkered with before it's released to the public today, says the Prime Minister's Office. Sheila Weatherill, who headed a probe into the listeriosis crisis, has handed in her report to Agriculture Minister Gerry Ritz. THE CANADIAN PRESS

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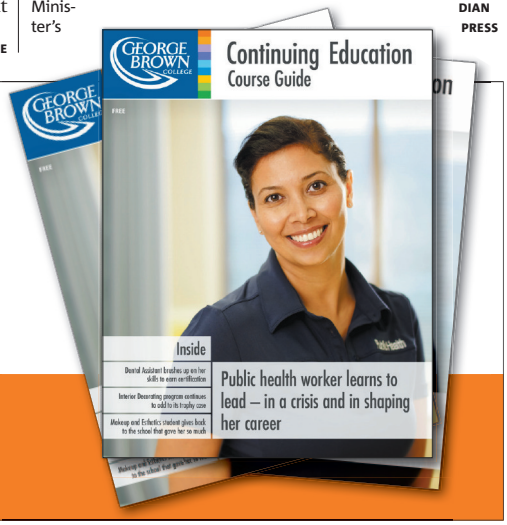

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Welfare offices issue TTC tickets
Toronto's three operating welfare offices have been issuing TTC tickets during the strike to those who request them, city spokesperson Kevin Sack said yesterday. TORSTAR NEWS SERVICE

PAWEL DWULIT/TORSTAR NEWS SERVICE

Amma hugs a woman at the Sheraton Hotel in Richmond Hill yesterday, the last stop on her North American tour.

Thousands flock to see 'hugging saint'

SPIRIT The path to True Bliss is elusive — you'll find no road map, no signs to mark the way.

But you can head north on Hwy. 404, exit at Hwy. 7, and hang a left toward Richmond Hill.

Bliss is a hug from spiritual leader Amma, the 'Hugging Saint' — one of more than 25 million she's given in her life — and according to her followers, it can change your life.

Or not. But one way or another, Amma's reach is unquestionable. She has raised millions, having pledged $1 million to the Bush-Clinton Katrina Fund and another $46 million to victims of the 2004 tsunami. She has addressed the United Nations and the Parliament of World Religions, and won the Gandhi-King Award for Non-Violence.

6,000
The number of followers expected to wait in line between now and Thursday.

No surprise, then, that about 2,000 devotees made the pilgrimage to Richmond Hill yesterday — some from as far away as Switzerland — for a little bosom time with the woman they revere as the very embodiment of love.

TORSTAR NEWS SERVICE

Second hotel pool victim dies

DEATH A 14-year-old Toronto girl found unconscious with her mother and sister in a Gananoque hotel pool Saturday morning died yesterday, a day after her mother succumbed.

The 14-year-old, whose name has not been released, died at Kingston General Hospital, where her 11-year-old sister remained in intensive care yesterday evening with life-threatening injuries. Naila Yasmin, 43, died Sunday afternoon.

TORSTAR NEWS SERVICE

'These killings must stop'

Tamil community calling for witnesses after another murder

For the second time in a little over a week, Toronto's Tamil community is calling for witnesses to come forward and help police solve the killing of one of their own.

A man in his 20s is dead after being attacked by up to five other men armed with various weapons in Scarborough just after the noon hour.

Toronto police were called to a plaza at 7 Bonis Ave., off Birchmount Road, north of Sheppard Avenue around 12:30 p.m. after someone called to say a fight had broken out.

Police found one person suffering from stab wounds, said Const. Wendy Drummond.

In the early morning hours of Saturday, July 11, Kristian Thanapalan was beaten to death by a group of Tamil youth and men, armed with baseball or cricket bats.

The 22-year-old had just finished playing volleyball in a park near Antrim Crescent, just three kilometres away from yesterday's deadly attack.

"These killings must stop. There is no reason for people to get killed in Canada, it's one of the safest countries in the world," said David Poopalapillai, spokesperson for the Canadian Tamil Congress, who confirmed that police had identified the city's most recent homicide victim as a Tamil man.

"All of the families who came here from Sri Lanka came here for their children's welfare. We don't want to see another losing a young life."

Staff Sgt. Ron Reed said it is unclear what weapon was used to stab the most recent victim.

Hours after the incident, officers continued to probe the scene.

Witnesses told police that up to five men fled in a white, four-door, mid-size vehicle.

There are no descriptions of the suspects.

It is unclear what sparked the incident.

Anyone with information is asked to call police at 416-808-7400.

TORSTAR NEWS SERVICE

CARLOS OSORIO/TORSTAR NEWS SERVICE

A man walks past the murder scene where a man in his 20s is dead after being attacked by up to five other men armed with various weapons in Scarborough, police said yesterday.

Yonge-Bloor tower still stalled

BUILDING A Kazakhstan-backed developer has staved off receivership proceedings with a last-minute deal to pay off a defaulted $46 million loan on land at Toronto's Yonge-Bloor intersection.

70
About $70 million in purchasers' deposits is being held in trust.

But it's becoming clear the original 80-storey glass tower planned by Bazis International of Kazakhstan will not proceed. What will be built on the southeast corner that the developer called the "epicentre of Canada" is unclear. Bazis has said in recent court documents the project will be downsized to 67 floors, but buyers suspect it will be made even smaller, which will affect their investment.

"They fooled a lot of us based on 80 storeys high," said Ray Tabrizi, a Toronto man who purchased a unit on the 42nd floor two years ago. Tabrizi said he paid a $125,000 down payment.

Yesterday, the Toronto judge approved a deal between Bazis and a consortium of three Toronto businessmen owed $46 million for the land purchase.

No details of the deal were made public.

TORSTAR NEWS SERVICE

News in brief

CARIBANA EVENTS Caribana's annual Sunday concert is being moved from its traditional Olympic island home to Ontario Place because of the Toronto municipal workers' strike. Organizers of the massive Caribbean festival announced the move yesterday, substituting the "island weekend" with "De Scotiabank Caribana Lime" on Aug. 2. The strike has halted ferry service to the islands. Events will continue at Ontario Place the next day.

TORSTAR NEWS SERVICE

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Man accused of impersonating Texas sheriff

A Toronto man is accused of impersonating a U.S. police officer while brandishing a .45-calibre handgun and flashing a Texas state sheriff's badge. Police raided a home and seized 10 firearms and white supremacist literature and paraphernalia. Francisco Lafreniere, 34, faces several weapons charges. TORSTAR NEWS SERVICE

Province gets electrifying reminder

PROTEST They descended upon Queen's Park in Bugaboo Frogs and Baby Bjorns and carried sippy cups instead of protest signs.

But even though they're not old enough to vote — or, in many cases, walk or talk — their stroller-pushing parents certainly are and they had a clear message for Premier Dalton McGuinty's Liberals: Electrify the Union Station-to-Georgetown rail corridor instead of investing in smog-spewing new diesel trains. Metrolinx will complete an electrification study early next year.

Pressure

- NDP MPP Cheri DiNovo (Parkdale-High Park) said the public has to keep up the pressure on the Liberal government to ensure 300 to 500 diesel trains aren't chugging through the west-end of Toronto every day.

Transportation Minister Jim Bradley said while diesels are "an option" for Metrolinx, that train has yet to leave the station.

"Nobody has made that final determination," Bradley said, emphasizing he was "really happy" Metrolinx is taking a serious look at electrifying the line. "They are looking very, very carefully at electrification and they want to ... get it right."

TORSTAR NEWS SERVICE

'It could have been us'

Avro Arrow designer laments lost chance at reaching space

Apollo Landing

A celebration of the 40-year anniversary of mankind's "giant leap" to the moon was tinged with some regret yesterday over Canada's missed opportunity to be the first to walk in space.

"It was a frustrating moment," said Jim Floyd, the chief designer of the Avro Arrows.

"It could have been us."

The ceremony was staged at a hangar in Toronto's Downsview Park and included such illustrious former astronauts as Bjarni Tryggvason, who was a payload specialist on the U.S. space shuttle in 1997, as well as a message recorded by Canadian astronaut Robert Thirsk — one of two Canadians currently orbiting the International Space Station.

Some in the group lamented that Canadians might have been first on the moon if the Avro Arrow project had survived.

The innovative plan to build a supersonic jet was cancelled a decade before the auspicious Apollo 11 landing.

A team of 25 senior engineers from Avro Canada subsequently went to NASA to form a group of 33 Canadian engineers who helped the Americans put the first man on the moon.

THE CANADIAN PRESS

PAWEL DWULIT/TORSTAR NEWS SERVICE

Jim Floyd, 95, accepted a Canadian Air and Space Pioneer award for his work on the Avro Arrow.

Businesses preparing for return of flu virus

PANDEMIC Business leaders are expecting a bad bout of Influenza A (H1N1), also known as swine flu, this fall, says the Conference Board of Canada's latest report on pandemic preparedness.

Flu Outbreak

And the underlying message of the report is that companies need to start readying now for the strain of the swine virus to get worse. The Ottawa-based group says business leaders expect the virus to spread more quickly and return more virulent than it has so far. For those reasons the report says it's important for companies to communicate clearly with employees, customers and partners and balance too few messages with too many. The report comes out of a meeting convened last month by the Conference Board with organizations that have prepared for a pandemic.

THE CANADIAN PRESS

Overtime lawsuit headed to appeal

CLASS-ACTION A woman fighting for overtime from Canadian Imperial Bank of Commerce is appealing an Ontario judge's decision to deny giving class-action status to the plaintiffs' law suit.

Justice Joan Lax said last month that the civil suit didn't meet the test to be a class action because the individual claims of CIBC employees would have to be resolved on a case-by-case basis.

Dara Fresco

One of the lawyers for the lead plaintiff says in a statement that there are compelling reasons to treat this as a class action.

The suit was filed two years ago by Dara Fresco, a teller in one of the bank's Toronto branches.

She said in a statement yesterday that her experience from working in a dozen branches of the CIBC is that unpaid overtime is a regular occurrence. THE CANADIAN PRESS

News in brief

MISSING One of three teenaged Chinese exchange students who went missing last Tuesday, has been found safe and sound, said Toronto police. But the search continues for the remaining two. Qian Hu, 15, was found on Friday but police said they would not elaborate further.

TORSTAR NEWS SERVICE

The Centennial Flame in front of Parliament burns day and night. It was first lit in 1967 by Lester B. Pearson to commemorate the first 100 years of confederation.

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Two killed in Saskatchewan plane crash

Two people, including a prominent Saskatoon eye surgeon, have died after the crash of a small plane Sunday night in eastern Saskatchewan. The aircraft took off from Kamsack around 8:30 p.m. and was heading north when it ran into difficulty, said RCMP Cpl. Bill Betker. THE CANADIAN PRESS

Canada

Emails sought in BC Rail sale

A B.C. Supreme Court judge has ordered Premier Gordon Campbell and his former finance minister Gary Collins to produce "potentially explosive" emails linked to the 2003 sale of Crown-owned BC Rail — almost six years after a police raid on the province's legislature. The $1-billion privatization sale of the rail line sparked corruption allegations and an ongoing court case. THE CANADIAN PRESS

Compensation bid rejected

Man wrongfully convicted of sexual assault alleges prison abuse

A Quebec court has rejected a compensation bid by a man who says he was physically and sexually abused during the nearly three years he spent in prison on sexual assault charges before he was acquitted of the crime.

Quebec Superior Court rejected Michel Dumont's $2.5-million civil suit against the provincial and federal governments, ruling yesterday neither had erred in their duty to disclose certain information.

$2.5M

The amount in damages sought by Michel Dumont from the Quebec and federal governments.

Despite claims of malicious prosecution, Justice Benoit Emery ruled there was ample evidence at the time to warrant charges against Dumont, including photo identification by the victim and an erroneous alibi on his part.

Emery added there is also little evidence to support Dumont's claims of abuse in prison.

He further stated prosecutors can't be "held responsible for the fact the victim, who had clearly identified her aggressor, would later raise doubts that would ultimately lead to an acquittal."

The Quebec Court of Appeal acquitted Dumont in 2001, long after he'd served his sentence during the 1990s. It came after it was learned the victim told police shortly after his 1991 conviction that she was no longer sure Dumont was her attacker.

Dumont and his then lawyer Paul Gelinas insisted that information was never relayed to them and did not come up during his initial appeal, which failed in 1994.

The Crown says it disclosed the information in a letter. THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

People watch as a wildfire burns out of control in Kelowna, B.C., yesterday. Thousands of residents were evacuated.

No reason to believe B.C. fires were set deliberately: Official

KELOWNA Two forest fires that have forced thousands to flee their homes in the Kelowna, B.C., area were likely caused by people, but fire officials say that doesn't mean they were set deliberately.

"It could have been accidental," Rob Moore, of the B.C. Forest Service, said at a briefing yesterday.

"Given the weather conditions and the fire weather indices, the dryness of the fuels, the ease of ignition, there's a number of human-related fire causes."

Moore said fire investigators have been interviewing people and taking pictures. THE CANADIAN PRESS

News in brief

APPEAL The appeal division of the National Parole Board has upheld a decision to deny extended parole to a woman who helped rape, torture and strangle a central Alberta man.

INDONESIA An Ontario man injured in a suicide bombing in Indonesia has been transferred to Singapore General Hospital for treatment. St. Catharines native Edward Thiessen was one of two Canadians injured.

COLLISION Five Ottawa-area cyclists hit by a minivan remain in hospital today, and one has not regained consciousness, a day after a hit and run in the Ottawa suburb of Kanata. Sommit Luangpakham, 45, of Ottawa is charged with five counts of failure to stop at the scene of accident causing bodily harm. THE CANADIAN PRESS

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Army chopper joins search for missing boater

A military helicopter from CFB Trenton has joined the search for a missing boater near Parry Sound. A 26-year-old man left Killbear Point in Killbear Provincial Park in a five-metre open boat early Sunday evening. THE CANADIAN PRESS

Halifax **Tall Ships Festival**

ANDREW VAUGHAN/THE CANADIAN PRESS

The Portuguese barque Sagres participates in the parade of sail in Halifax yesterday during Tall Ships Nova Scotia Festival.

Feds to sue U.S. Steel

Clement says industrial giant failed to live up to agreement

As of May, the workforce at U.S. Steel's Canadian operations had shrunk to only 23 per cent of the number of workers it promised to employ when it took over the former Stelco, according to documents filed with the Federal Court of Canada and obtained by The Canadian Press.

The Pittsburgh-based company also repeatedly broke production promises it made to the federal government, with the amount of steel produced by its Canadian operations as of May representing "a small fraction" of the amount it was required to produce on an annualized basis, the documents say.

The Canadian government is suing the American industrial giant to force it to live up to workforce and production commitments it made when it bought Hamilton-based Stelco in 2007.

This is the first time a foreign company has been taken to court by the federal government for failing to live up to promises made during a takeover of a Canadian company.

Hamilton-based U.S. Steel Canada shut down most of its Canadian operations in southern Ontario this spring, affecting about 1,500 employees at mills in Hamilton and Nanticoke, Ont., because of weak markets. In addition, U.S. Steel said 810 workers had retired or were planning to.

As a result, only 23 per cent of the 3,105 workers promised were actively working for U.S. Steel's Canadian operations as of May 20.

After the mill shutdowns, Industry Minister Tony Clement sent a demand letter to U.S. Steel, asking the company to comply with its 2007 commitments.

THE CANADIAN PRESS

Court order

- Industry Minister Tony Clement said the government has now asked for a court order mandating U.S. Steel meet its promises or face a $10,000 daily fine.

Historian to study 'shell shock'

MILITARY A Calgary history professor will be looking to the past to shed some light on the continuing problem of post-traumatic stress disorder among Canadian soldiers.

Mark Humphries of Mount Royal College plans to study the effects of what was then called "shell shock" on First World War soldiers after they returned to Canada. He says many of the symptoms — sleeplessness, irritability and nightmares — were recorded in the Admission Discharge books nearly a century ago.

THE CANADIAN PRESS

Cop defends actions in jail death

NOVA SCOTIA A Halifax police officer who helped wrestle a mentally ill man to the ground seconds before he was Tasered says the man had "incredible" strength and couldn't be forced onto his stomach using usual restraint methods.

Howard Hyde, 45, a Dartmouth, N.S., resident with a 20-year history of schizophrenia, died 30 hours later at a provincial jail.

Const. Ben Mitchell, one of the officers involved in restraining Hyde at police headquarters on Nov. 21, 2007, testified yesterday at the fatality inquiry into Hyde's death.

The inquiry, which is examining the roles that police, health officials and corrections officers played, has been examining video of Hyde's restraint and Tasering, and asking police officers about their recollections.

On the night he was Tasered, Hyde had been arrested for an alleged assault of his common-law wife, Karen Ellet. THE CANADIAN PRESS

News in brief

PLANE The men who found a Second World War-era bomber on the bottom of a lake in the Yukon say they're happy to give the plane to the government as long as they get their salvage fee. John Jasman says he doesn't have any use for the B-26 Marauder, nicknamed the "Flying Prostitute" because its short wingspan gave it no visible means of support.

THE CANADIAN PRESS

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INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Aug 15/nol/ts.

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INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Aug 8/nol/ts.

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Judge rules cops had to shoot 21-year-old

A provincial court says Winnipeg cops were forced to shoot Zunga Bashir, a 21-year-old who ignored police warnings. He later died in hospital. REUTERS

Website promoting killer's art within law

Manitoba's Justice Department has decided a website that promotes paintings by a convicted killer who cut up his victim in a hotel bathtub does not violate a law that prevents people from profiting from their crimes.

The department began an investigation in May into Can Art Coast to Coast. The site features paintings by Sydney Teerhuis-Moar alongside newspaper articles that describe his brutal killing of Robin Greene.

Teerhuis-Moar, 40, was found guilty of second-degree murder last December.

His trial was told he met Greene at a Winnipeg bar and took him to a hotel room, where he cut off his head and penis, removed his internal organs and cut his torso into several pieces, which were left in a bathtub.

The website claims to have several original paintings by Teerhuis-Moar and asks viewers whether the paintings should be sold. The government started looking at the website this past spring to determine whether it violated a law passed in 2005 that has not yet been tested in court.

The Can Art website does not appear to have a direct link to Teerhuis-Moar, and a spokesman for the Justice Department said the investigation found no "information demonstrating the criteria exist to pursue charges."

Calls to the number listed on the website were answered by a man who identified himself as Travis Findlay and who described himself as a former cellmate of Teerhuis-Moar. THE CANADIAN PRESS

Criminal profit

- The law forbids criminals, or people acting on their behalf, to make money by selling memoirs or memorabilia.
- It includes fines of up to $50,000 and allows the government to seize any profits after obtaining a court order.

ShareYourViews

torontoletters@metronews.ca

News in brief

BUST Ten people have been arrested and face charges following a year-long undercover investigation into drug trafficking in southeast New Brunswick. Police say "Operation Jailor" targeted prolific drug traffickers in several communities, including Shediac, Cap-Pelé and Moncton. RCMP Sgt. Al Farrah says charges will include trafficking and conspiracy to traffic marijuana and cocaine. He says some of the trafficking was at the street level, while others were involved in large-scale operations with ties to organized crime. The suspects are due in court Aug. 6 and Aug. 11. THE CANADIAN PRESS

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Group accuses Nigerian officials of mass murder

Human Rights Watch wants the Nigerian government to investigate security officials for allegedly killing 130 people during mob violence in November in Jos, capital of Nigeria's Plateau state. Researcher Eric Guttschuss says witnesses saw police and soldiers shoot unarmed people. THE ASSOCIATED PRESS

World

U.S. Army to get bigger: Gates

U.S. Defence Secretary Robert Gates has announced that the size of the U.S. Army is being increased temporarily by 22,000 to help meet deployment needs of the wars in Iraq and Afghanistan and other missions around the world. Gates, left, made the disclosure yesterday at a news conference at the Pentagon. The Army currently has a total troop strength of 547,000. THE ASSOCIATED PRESS

Britain **That's one ...**

SANG TAN/THE ASSOCIATED PRESS

Queen Elizabeth II is quite amused as she is shown an orphaned cygnet during a swan upping census, the ancient ritual of her swans being counted, on the River Thames near Windsor, England, yesterday.

July becomes deadliest month

AFGHANISTAN Four Americans were killed yesterday when a roadside bomb exploded in eastern Afghanistan, NATO said, making July the deadliest month for U.S. troops in this war.

The deaths bring to 55 the number of international service members killed in July, also the deadliest month for NATO forces. At least 30 U.S. troops have died this month — two more than the toll for June 2008, which had been the deadliest month for the American force in Afghanistan.

55
Number of international service members, including Canadians, killed in July in Afghanistan.

Meanwhile, a British fighter jet crashed at NATO's largest base in southern Afghanistan yesterday, the second aircraft to go down there in two days. The crew's two members ejected and were being treated for injuries. THE ASSOCIATED PRESS

Scandal deepens

Alleged recordings of Italian PM, prostitute released

An Italian newsweekly has released tape recordings of what it says was the night Prime Minister Silvio Berlusconi spent with a prostitute in which the premier is purportedly heard asking her to wait for him in bed while he showers.

Berlusconi's lawyer, Niccolo Ghedini, disputed the veracity of the tapes, saying yesterday they were "without any merit, completely improbable and the fruit of invention."

The escort, Patrizia D'Addario, has said she taped her encounters with Berlusconi as well as the parties he threw for young women at his residences — which have become the source of major scandal for the 72-year-old leader.

Berlusconi has denied he ever paid anyone for sex, and has called the allegations "trash" meant to smear him. Polls show the months-long scandal has hardly dented Berlusconi's popularity — a sign of his remarkable political resilience and Italians' indifference to the sexual foibles of the political class.

LUCA BRUNO/THE ASSOCIATED PRESS

Italian Premier Silvio Berlusconi arrives at an economic forum in Milan yesterday amid a growing sex scandal.

The left-leaning L'Espresso newsweekly and La Repubblica daily put the recordings on their websites yesterday. D'Addario has said the encounter took place Nov. 4 — and that Berlusconi skipped a party for the U.S. election to spend the night with her.

The tapes also feature an alleged phone call between Berlusconi and D'Addario the day after in which the premier marvels at how he was able to get through a speech on such little sleep, L'Espresso and La Repubblica said.

D'Addario responds that she too wasn't tired but had lost her voice, the account said.

"How come?" Berlusconi asks, according to the tapes on the websites. "We didn't scream." THE ASSOCIATED PRESS

News in brief

SRI LANKA The International Committee of the Red Cross said yesterday it had closed four of its offices in Sri Lanka following a government order for international aid agencies to scale down operations. The closure came amid growing tensions between the government and the dozens of aid groups in the country. Some aid workers have been critical of the government camps in the north that hold nearly 300,000 Tamil civilians displaced during the last months of fighting in the country's 25-year civil war. The Red Cross was the only organization allowed inside the war zone in the last bloody months of fighting.

CHINA Police have alleged that women wearing long, black Islamic robes and head scarves acted as ringleaders in the ethnic unrest in Xinjiang, state media reported yesterday. Nearly 200 people died in the unrest. Chinese officials said Sunday that police killed 12 people during the July 5 rioting — a rare acknowledgment by the government that security forces opened fire in the worst ethnic clashes in decades.

RUSSIA The Kremlin says President Dmitry Medvedev has signed legislation easing restrictions on human rights groups and other non-governmental organizations. THE ASSOCIATED PRESS

Headscarf draws criticism

DENMARK A Danish military unit has become embroiled in a dispute about Muslim headscarves after it allowed a hijab-wearing woman to complete a training course. The Home Guard, a corps of thousands of volunteer soldiers, does not allow headscarves and violated that rule when it allowed Maria Mawla, 27, to wear one during its 10-day basic training program, spokesman Joergen Jensen said yesterday.

The issue became national news in Denmark after the Danish People's Party, known for its anti-Muslim outbursts, expressed shock over an article about Mawla posted on the Home Guard's website. Mawla told Danish media she was angry about the statement.

"I feel it's really discriminating," Mawla told the Jyllands-Posten daily. "And it makes me feel like a bad citizen." THE ASSOCIATED PRESS

Train operator blacked out

CRASH A light-rail operator blacked out just before his train crashed into a parked train, injuring dozens of passengers, the president of San Francisco's transit workers union said yesterday. Union president Irwin Lum said a "medical condition" was to blame for the driver's loss of consciousness. Saturday's crash injured 48 people, including the driver and three others who were seriously hurt. THE ASSOCIATED PRESS

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Fujimori sentenced to 7½ years in jail
A Peruvian court has sentenced Alberto Fujimori to 7½ years in prison for embezzlement after the former president admitted illegally paying his spy chief $15 million in state funds. Fujimori appeared unfazed by yesterday's conviction and told the court he was moving to overturn the ruling. THE ASSOCIATED PRESS

Obama urges health action

President Barack Obama says it is time for the U.S. to take action on his proposed health care overhaul because "we've talked this problem to death."

Obama yesterday said out-of-pocket costs for Americans are spiraling while health insurance companies have reaped record profits. He says families are spending more for less care.

Obama visited a children's hospital and spoke with doctors and nurses about the shortcomings of the health care system. Obama says they are forced to work in a system that favours drug companies and insurance companies, not care.

Obama's advisers, meanwhile, are urging critics of the proposed overhaul to wait for Congress to finish writing legislation, which is still being drafted, before issuing verdicts. They also showed they are willing to wait longer than their White House-imposed August deadline if it means they can sway lawmakers. THE ASSOCIATED PRESS

50M uninsured

- The U.S. is the only developed nation that does not have a comprehensive national health care plan for all its citizens, leaving about 50 million of America's 300 million people without health insurance.

SCOTT APPLEWHITE / THE ASSOCIATED PRESS

U.S. President Barack Obama talks about his plan for health care reform yesterday during a visit to Children's National Medical Center in Washington, D.C.

Ousted Honduran chief wants tougher sanctions

TAKEOVER Aides to ousted Honduran President Manuel Zelaya pushed yesterday for international sanctions against officials who took power in a coup and foreign nations stepped up pressure after talks for his return reached a deadlock.

A top Zelaya adviser, Enrique Flores, said that governments should take steps such as freezing the bank accounts of members of the interim government.

The EU announced yesterday that it is suspending 65 million euros in aid to Honduras after the government installed by a coup rejected a mediator's plan for Zelaya's return. U.S. Secretary of State Hillary Rodham Clinton added to the pressure, warning interim President Roberto Micheletti of consequences if he fails to reach a negotiated settlement. THE ASSOCIATED PRESS

Zelaya's remarks

- Singling out the U.S. repeatedly, Zelaya said on Sunday that the international community risks tacitly endorsing the coup if it does not confront the interim government that abducted and deposed him at gunpoint on June 28.

Mumbai gunman confesses

INDIA The lone surviving gunman in the Mumbai attacks made a surprise confession at his trial yesterday, saying he was recruited by a militant group in Pakistan after he left a low-paying job and went looking for training to become a professional robber.

The confession by Ajmal Kasab bolstered India's charges that terror groups in Pakistan were behind the attack, and that it is not doing enough to stop them. The attack severely strained relations and put the brakes on a peace process.

Kasab described how he sprayed automatic gunfire at commuters during the attack, which killed 166 people. THE ASSOCIATED PRESS

News in brief

SPACE The astronauts aboard the shuttle-station complex celebrated the 40th anniversary of man's first moon landing with their own spacewalk yesterday, heading outside to stockpile some big spare parts. In the second outing of their mission, David Wolf and Thomas Marshburn anchored a six-foot dish antenna on the international space station for future use, then did the same with a hefty pump.

AIDS South Africa's government joined yesterday in launching a high-profile trial of its AIDS vaccine, the first designed by a developing country — but the moment was marred by the lead researcher's announcement it has halted funding its own project. THE ASSOCIATED PRESS

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Comment

What's bred in the bone

NationalReport
Lawrence Martin

metronews.ca/nationalreport

"Because our real history is not part of how we describe ourselves, we live in denial of our reality."
— John Ralston Saul, A Fair Country

As Canadians we think of ourselves as Europeanized, then Americanized. More recently, with the waves of non-European immigrants, multiculturalized. Remarkably and ignorantly, we never get below the surface. We overlook, Saul argues in his provocative and brilliant study, our real driving force — our Aboriginal moorings.

If you don't know and appreciate the core construct, if the foundation is disregarded, or neglected, you are subject to all sorts of makeovers and identity quarrels. It's mainly the latest currents that count. It's not good.

The history of North America, says Saul, has largely been written by colonized minds with colonized perspectives. Three hundred or 400 years of Aboriginal history that predated Europeanization is marginalized. In his book, Saul rediscovers this history and relates it to our present times. In essence, he finds that what was bred in the bone has remained in the bone.

We owe much to the native peoples — the idea that land is to be served not pillaged, our notions of fairness and inclusiveness, of finding a middle way. Today, our claim to Arctic sovereignty is based in good part on our Aboriginals'

John Ralston Saul

FocusOn FirstNations

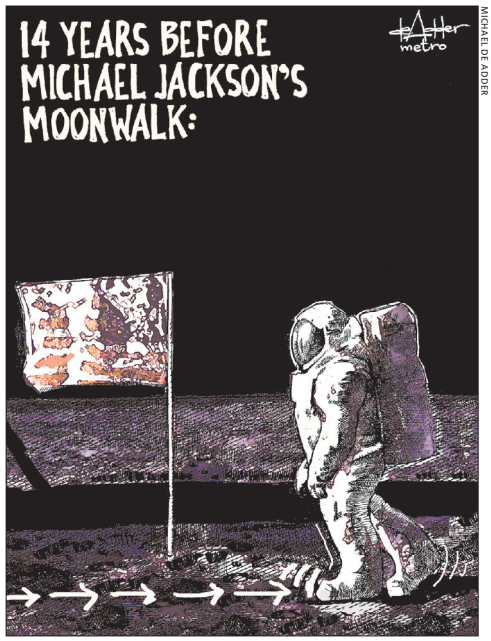
presence in those territories. The fragility of the environment, a cardinal priority of the Aboriginal Peoples, is a paramount cause of our times. It is our native peoples who occupy the North and it is the North where two-thirds of our resource wealth lies. The courts are compelling us to deal with historic obligations to the First Nations. Nineteenth-century treaties are being renegotiated.

There are all these trends and there is the fact that while the European influence wanes the native peoples are the fastest growing segment of Canada's population. Western attitudes assumed the inevitability of their disappearance. It isn't happening. Given the environmental stresses and potential calamities, people are more open to accepting the idea, as Saul puts it, that the world works in a different way than that suggested by the standard Western argument.

Saul, of course, is the partner of former governor general Adrienne Clarkson, who took up the native peoples' causes with vigour. The current Governor General, Michaëlle Jean, stood up mightily for their traditions when she gorged a harp seal on Rankin Island and partook of its heart.

Rideau Hall used to be the bastion of a colonialism that pursued strategies of Aboriginal sequestration or assimilation. Much has changed. Now its inhabitants recognize, as all Canadians should, that the native peoples were a major inspiration in our past and essential players in our future.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Basic issues continue to tarnish relations

InBusiness
Charles Davies

In 2008, former Indian and Northern Affairs Minister Robert Nault noted some politicians believe Aboriginals will eventually abandon their traditional lifestyles and become assimilated in the general population. He also said many bureaucrats don't accept that First Nations constitute legitimate governments.

If he's right on both counts, it would help explain Ottawa's reluctance to rework the paternalistic relationship it has with Canada's 1.2 million Aboriginals.

Despite numerous amendments, the Indian Act of 1876 continues to frame relations between Ottawa and Aboriginals. Particularly since 1969, when a federal White Paper on Indian Policy called for a repeal of the Indian Act, the relationship has had two dominant themes: Calls for more funding to alleviate problems of education, health and poverty; and the transfer of responsibility for governance and accountability to aboriginals.

In 2002, Nault introduced the Chrétien government's solution — the First Nations Governance Act. The legislation was a major effort to alter governance and accountability on reserves and bring First Nations people under the umbrella of the Charter of Rights and Freedoms. While a majority of rank-and-file reserve residents supported the bill, Aboriginal leaders balked, partly because no new money was proffered and because they didn't want light shone on band financial management.

FocusOn FirstNations

But by 2005, Jean Chrétien was gone and Paul Martin was prime minister. Along with Aboriginal leaders and provincial premiers, he devised his alternative — the Kelowna Agreement. This time, it was not about governance, but money, specifically $5 billion to be spent over five years to achieve targets related to education, housing, health and economic development.

Martin's minority Liberal government was soon replaced by Stephen Harper's minority Conservatives. Initially in favour of the Kelowna Accord, the Tories gradually backed away from its aggressive spending in favour of incremental improvements — extending human rights legislation to reserves, speeding up land claims settlements, protecting Aboriginal womens' rights, and investing in non-reserve Aboriginals.

In fairness, the Harper government has made considerable progress on the Aboriginal file, but the basic issues — paternalism, lack of adequate governance and accountability, and, of course, poverty — continue to tarnish relations between Aboriginals and other Canadians.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

Apollo moon rocks still offering clues: Scientists

ApolloLanding

Forty years after the Apollo 11 astronauts made their historic lunar landing, the rocks they collected are still helping researchers learn more about the moon, the solar system, even about how life on Earth began.

But if not for a St. Louis scientist and a few of his colleagues, NASA may never have collected moon rocks in the first place.

It was 40 years ago yesterday that Neil Armstrong first set foot on the dusty lunar surface, announcing it was a small step for a man but "a giant leap for mankind." During that mission, the astronauts scooped up rocks and dirt from the moon and brought the material back home for study.

"It all started with Apollo 11," said Randy Korotev, a lunar geochemist at Washington University in St. Louis, where hundreds of moon rocks are still stored and studied. "Apollo 11 answered a tremendous amount of scientific questions, but it also introduced new questions we hadn't even thought about."

Korotev said scientists know the moon was hit by large meteorites some 3.9 billion years ago. That evidence still exists because the moon, unlike Earth, doesn't have wind, water or volcanoes to wash away the evidence. THE ASSOCIATED PRESS

Metro Online Poll Results

53% SAID YES	Should hikers who get lost have to pay for their rescue? *Weigh in on today's question at metronews.ca*	47% SAID NO

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Iceland moves to rescue banking system
Iceland unveiled plans yesterday to get its collapsed banking system back on its feet, including a 270-billion krona ($2.3 billion) recapitalization and the sale of significant equity stakes to creditors. Iceland's three main banks failed within the space of a week last October. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 90.35¢	US $3.689	US $63.98	10,540.71
US 0.75¢	US 2.2¢	US 42¢	171.29

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Nortel sells another key unit

Deal with Avaya worth $475M

The dismantling of Nortel Networks Corp. continued to gather speed yesterday after the once high-flying maker of telecom gear revealed that it has struck a deal to sell off yet another key business unit.

Operating under bankruptcy protection since January, Nortel said it has reached a deal to sell its Enterprise Solutions unit to New Jersey-based Avaya Inc. for $475 million US in a so-called "stalking horse" agreement that could pave the way for future bidders.

Avaya had been touted as a likely bidder for Nortel's enterprise business, which supplies phone and other communications equipment to business around the world and recorded sales of $395 million during the first quarter of this year.

The deal is similar to one reached last month with Nokia Siemens Networks for Nortel's CDMA-focused wireless division. The joint venture between Finnish handset maker Nokia Corp. and Germany's Siemens AG has agreed to pay $650 million for the unit and has pledged to keep about 800 jobs in Canada. A spokeswoman for Avaya declined to comment yesterday on whether the company's purchase of Nortel's enterprise division would impact employees.

Mike Zafirovski, the chief executive of Nortel, reiterated in a statement that Nortel is no longer attempting to restructure and emerge from bankruptcy protection, but is instead trying to sell off its most attractive divisions to the highest bidders.

Nortel filed for bankruptcy protection in January, citing high debt, high costs and the impact of the economic downturn. The event marked the beginning of the end for a company that was once considered to be the brightest star.

TORSTAR NEWS SERVICE

What's left

- Nortel's remaining business units includes its optical Metro Ethernet Networks business and a joint venture with LG Electronics. The two businesses recorded first-quarter revenue of $360 million and $188 million, respectively.

Porcelain Bankrupt manufacturer finds a buyer

JULIA KELLY/THE ASSOCIATED PRESS

An employee of German porcelain producer Rosenthal decorates cups at the Rosenthal plant in Speichersdorf. Italian cutlery maker Sambonet has bought Rosenthal, the German company's bankruptcy administrator said yesterday. Rosenthal filed for bankruptcy protection at the beginning of this year, shortly after a similar move by majority shareholder Waterford Wedgwood.

Lender eases bankruptcy worries

DEAL CIT Group Inc.'s board approved a deal late Sunday with major bondholders to keep one of America's largest lenders to small and mid-size businesses out of bankruptcy with a $3-billion US rescue loan, according to published reports.

The emergency loan would provide temporary financing for CIT Group so it can complete a debt exchange that would swap current bonds for new bonds that mature at a later date, according to The Wall Street Journal.

New York-based CIT had been negotiating with six key bondholders in an attempt to avoid a bankruptcy filing.

SETH WENIG/TE ASSOCIATED PRESS

CIT Group's building in New York yesterday. The board has approved a deal with bondholders to keep it out of bankruptcy.

CIT has been scrambling to raise $2 billion to $4 billion after the U.S. government refused to bail out the company. Rescue talks with government regulators broke off late Wednesday after days of round-the-clock negotiations.

THE ASSOCIATED PRESS

TSX extends rally as worries ease

MARKET The Toronto stock market finished sharply higher yesterday, extending its winning streak to six sessions on the likelihood that U.S. business lender CIT Group will avoid bankruptcy while improving sentiment send commodity prices higher.

The S&P/TSX composite index jumped 171.29 points to 10,540.71, following a surge of more than six per cent last week as a string of U.S. earnings reports raised hopes for an economic recovery.

"I'm impressed in terms of how quickly sentiment changed, but I felt for awhile that the economy is moving up — I don't think there's any doubt, you can even see the bears backing off here," said Ian Nakamoto, director of research at MacDougall, MacDougall and MacTier.

"I think we're out of the recession in August basically." THE CANADIAN PRESS

Porsche worries hit VW shares

DEMAND Shares of Volkswagen AG slid more than eight per cent yesterday following a report that a plan by Europe's biggest automaker to buy Porsche could be derailed by hefty tax demands.

The German daily Sueddeutsche Zeitung said a plan for VW to buy 49 per cent of the heavily leveraged sports car maker could trigger tax demands of up to €3 billion (nearly $4.7 billion).

THE ASSOCIATED PRESS

Nissan plant to rehire workers to make electric car batteries

Nissan announced yesterday that it will start producing batteries for electric cars at its plant in northern England, where it expects to hire 350 workers — five months after it sought 800 voluntary retirements from the plant in Sunderland. THE ASSOCIATED PRESS

CN Rail net profit falls, revenue dips

ECONOMY Canadian National Railway Co. expects that its business has hit bottom and volumes should pick up steam in the second half of the year as the North American economy continues to recover.

"Hopefully, we will start to see a gradual recovery in the coming quarters shaping up," said executive vice-president Claude Mongeau, who takes over as chief executive from E. Hunter Harrison at the end of the year.

The former chief financial officer said the railway turned in very good results in the quarter despite a very challenging economic environment. Canada's largest railway operation said a weakened North American economy and global slowdown caused its second-quarter profits to drop nearly 14 per cent as revenues fell to $1.78 billion from $2.1 billion a year ago. THE CANADIAN PRESS

Enbridge finance for Clipper project

ALBERTA Oil pipeline and natural gas operator Enbridge Inc. and its Enbridge Energy Partners affiliate have struck a joint funding agreement under which Enbridge will effectively finance two-thirds of the $1.2-billion US segment of the Alberta Clipper oil pipeline project.

The Alberta Clipper project consists of a pipeline, and associated pumping and terminal stations, that will bring oilsands crude from Hardisty in central Alberta, to Superior, Wisc. THE CANADIAN PRESS

Internal war at ad firm?

Former president leads group seeking to buy Cossette

An apparent internal war has resulted in Cossette Inc. partners squaring off-ing against former colleagues with a takeover proposal that values the firm at $82.7 million.

Cosmos Capital Inc., headed by a former president of Cossette and another lead partner, is offering $4.95 cash per share, a 52 per cent premium to the Friday closing price for Cossette shares on the Toronto Stock Exchange.

The proposal comes two months after Cosmos controlling partner Francois Duffar left Cossette with no explanation. He is joined at Cosmos by former senior Cossette vice-president Georges Morin, who resigned from Cossette's board Saturday.

Marcel Barthe, vice-president of corporate strategy, said it would be inappropriate to comment on an apparent split within Canada's largest advertising and communications company. But industry observers said the genesis — which may include concern over how Cossette is run — must have been serious enough to prompt key partners to take such a dramatic and public move.

50%

Cossette's shares gained nearly 50 per cent yesterday, trading up $1.60 at $4.85 in afternoon trading on the Toronto Stock Exchange, just short of the takeover offer.

Cossette has been hit by the economic slowdown and lost about half of its contract to supply advertising to Bell Canada. Other clients include General Motors, which recently exited bankruptcy protection, McDonald's Restaurants of Canada, Coca-Cola and Dairy Farmers of Canada. THE CANADIAN PRESS

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DAVID ZALUBOWSKI/THE ASSOCIATED PRESS FILE PHOTO

Halliburton's second-quarter profit tumbled as sluggish exploration and production activity crimped results.

Halliburton sees profit tumble

DRILLING Halliburton Co. said yesterday its second-quarter profit tumbled 48 per cent as sluggish exploration and production activity crimped results.

The oilfield services company said net income fell to $262 million, or 29 cents per share. That compared with $504 million a year ago. Revenue slipped 22 per cent to $3.5 billion.

Halliburton kicked off the earnings period for the oil and gas sector. Most forecasts predict significantly lower year-over-year results for producers and service companies.

Halliburton chairman and CEO Dave Lesar cited natural gas in particular as a drag. Prices have fallen from double-digit levels a year ago to around $4 per 1,000 cubic feet of late. THE ASSOCIATED PRESS

Pullback

• Oil and natural-gas producers began scaling back exploration and drilling operations last year as crude and gas prices tumbled. The pullback has meant less work for Halliburton and other service companies.

Wholesale prices down in Germany

BIGGEST German wholesale prices fell by 4.6 per cent in the year to June, the biggest annual drop in four decades, government statistics showed yesterday. The drop compared with a 3.6 per cent year-on-year fall in May and was the largest since the producer price index declined by five per cent in December 1968, the Federal Statistical Office said.

Energy prices were the main factor behind the year-on-year drop. THE ASSOCIATED PRESS

Singapore Shoppers shun big-ticket items

WONG MAYE-E/THE ASSOCIATED PRESS

A sales assistant cleans the glass showcase of a jewelry shop in Singapore yesterday. Singapore's retail sales dropped for an eighth consecutive month in May as recession-weary shoppers stayed away from big-ticket items such as cars and jewelry.

TransAlta makes hostile bid for power producer

OFFER After a failed attempt at a friendly deal with renewable power producer Canadian Hydro Developers, TransAlta Corp. says it is taking its $654-million all-cash hostile takeover offer directly to the target company's shareholders.

With 143.7 million shares outstanding, the $4.55 per share bid, announced yesterday, values Canadian Hydro at $654 million. However, TransAlta said including debt and other financial measures, the enterprise value of the bid is $1.5 billion.

TransAlta, a Calgary-based utility, said it approached Canadian Hydro's board in December with a written offer, but was told the hydro, wind and biomass company preferred to be independent.

TransAlta said the offer is a premium of about 30 per cent to the average trading price of Canadian Hydro Developers common shares.

TransAlta, which mainly operates coal- and natural gas-fired power plants, wants to expand into renewable energy sources as environmental regulations become more stringent.

Canadian Hydro Developers operates 694 megawatts of wind, hydro and biomass power plants in Alberta, Ontario, Quebec and British Columbia. THE CANADIAN PRESS

Quebec company suspends distributions
The Noranda Income Fund, a Quebec-based producer of zinc and sulphuric acid, says it's suspending its monthly cash distribution until the company's markets recover. The company had declared a distribution of four cents a unit for June. THE CANADIAN PRESS

Toy manufacturer surprises with profits

Hasbro sales up five per cent, boosted by summer blockbuster merchandise

Toy maker Hasbro Inc. said yesterday its second-quarter profit rose five per cent, beating expectations, as robust sales of Transformers and G.I. Joe toys — both tied to summer movies — helped offset international sales hurt by the stronger dollar.

Profit for the three months ended June 28 rose to $39.3 million US, or 26 cents per share, from $37.5 million, or 25 cents per share, last year. Excluding costs related to a joint venture with Discovery Communications to form a TV network, income was 32 cents per share.

Revenue edged up one per cent to $792.2 million from $784.3 million last year. Excluding the adverse affect of the stronger dollar, net revenue rose seven per cent.

Analysts polled by Thomson Reuters predicted a profit of 23 cents per share on revenue of $797.1 million.

In the U.S. and Canada, sales rose five per cent to $490.9 million from $467.7 million, boosted by sales of Transformers and G.I. Joe toys. Transformers: Revenge of the Fallen came out earlier this month, and G.I. Joe: The Rise of the Cobra, debuts in August. Other strong sellers in the region were Littlest Pet Shop, Nerf, Play-Doh and Furreal Friends.

CRAIG RUTTLE/THE ASSOCIATED PRESS
In this February 2009 file photo, an Accelerator Suit Duke figure by Hasbro, Inc., part of the G.I. Joe The Rise of the Cobra collection, is shown during the New York Toy Fair.

Internationally, sales fell six per cent to $276.2 million from $293.7 million, hurt by the stronger dollar. Transformers and G.I. Joe toys were also among the better sellers internationally. One weak spot was games and puzzles. Hasbro owns a multitude of game titles including Scrabble and Monopoly — and sales in that division fell 17 per cent. But Hasbro said that was due to the timing of shipments for promotional programs that will roll out over the next few months.

Summer movie tie-in toys have been one bright spot for toy makers. Hasbro has been buoyed in recent years by toys tied to movies including Iron Man and The Incredible Hulk, along with this year's Transformers and G.I. Joe.

THE ASSOCIATED PRESS

Global steel continues to plunge in downturn

SLOWDOWN World steel output plunged 21.3 per cent in the first six months of 2009 from a year ago, the main steel industry group said yesterday.

Chinese and Indian steel makers were the only major producers to increase output in the first half, the World Steel Association said. China, up 1.2 per cent, makes more steel than any other nation. India expanded its steel production by 1.3 per cent.

North American output almost halved while European output was down 43.2 per cent. Asian steel makers — which make nearly two-thirds of world steel — were down far less, by 7.8 per cent.

The group said the pace of this contraction slowed down in June, when world output fell 16 per cent from the same month last year.

Global steel output fell last year after climbing for six years on higher demand for the metal that supports buildings and is turned into cars and machinery.

The downturn comes after steel makers built up massive stocks, expecting that demand from emerging economies would surge despite recession in richer nations. Many of them, including the world's largest, ArcelorMittal, are now laying off workers and trimming steel output.

The association represents 18 of the world's largest steel companies, which jointly make 85 per cent of global steel.

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Struggling printing company to continue printing B2B magazines

Quebecor World Inc. has signed a multi-year agreement with Schofield Media Group to continue printing 18 business-to-business magazines for the Chicago-based global company.

Titles covered under the renewal agreement include U.S. Business Review, Manufacturing Today, Supply Chain Solutions, Beverage World, Restaurant Business and other business publications for corporate executives, the Montreal-based commercial printer said yesterday.

Financial terms of the renewal were not revealed.

18 Quebecor World will continue to print 18 B2B magazines for Chicago-based Schofield Media for the next 10 years.

"Schofield is a global leader in B2B magazine publishing with a strong history of growth and innovation," said Kevin Clarke, president of Quebecor World's publishing services group.

"We are extremely pleased under this agreement to have the privilege of printing for Schofield into the next decade."

Schofield Media publishes business-to-business magazines and operates conferences and events in the United States, Europe and Asia.

Quebecor World is restructuring under bankruptcy protection through the Companies' Creditors Arrangement Act in Canada, while various U.S. subsidiaries have filed petitions under Chapter 11 of the U.S. Bankruptcy Code.

Quebecor World has about 20,000 employees at 90 printing and related plants in the United States, Canada, Argentina, Brazil, Chile, Colombia, Mexico, and Peru.

THE CANADIAN PRESS

Business in brief

MANUFACTURING Johnson Controls Inc. said yesterday its fiscal third-quarter earnings fell 63 per cent, despite cost cutting to control expenses amid weakened economic conditions. The Milwaukee-based auto parts and building products maker posted income of $163 million US, or 26 cents per share, compared with $439 million, or 73 cents per share, in the same quarter a year ago. Sales fell 29 per cent to $7 billion from $9.9 billion. "The cost improvement initiatives we undertook earlier this year are providing the expected benefits," said Steve Roell, Johnson's chairman and CEO. "We believe the company is well positioned to further increase our profitability in our fourth quarter and into 2010." Johnson Controls said sales in its automotive unit fell 38 per cent to $3 billion on lower production volumes. General Motors Co. and Chrysler Group temporarily shut down factories during the quarter.

THE ASSOCIATED PRESS

Anti-depressant approval delay depresses shareholders

MEDICATION The U.S. Federal Drug Administration says it can't approve a new anti-depressant from Labopharm Inc. at this time because an inspection by the U.S. regulator has found deficiencies at an ingredient supplier's factory.

Shares of the Montreal-area drug maker dropped more than 10 per cent in heavy trading yesterday after the announcement.

Labopharm chief executive James Howard-Tripp says his company intends to work closely with the FDA and the Italian ingredient supplier, the Angelini Group.

Angelini has told Labopharm it will file an action plan with the FDA by Friday.

In the meantime, Labopharm says it will continue to work towards commercializing its new formulation of the antidepressant trazodone.

Labopharm shareholders may be depressed by the news, however. The stock was down 33 cents or nearly 14 per cent at $2.05 on the Toronto Stock Exchange. THE CANADIAN PRESS

Route1 profits rise, second-quarter loss narrows with help from U.S.

DEAL Route1 Inc.'s second-quarter loss narrowed as its revenue ballooned more than eight times, helped by its deal with the U.S. Department of Homeland Security.

The security and identity management provider said yesterday it generated a revenue of $1.6 million compared with $185,000 in the same period a year ago. The company received a payment of $500,000 US during the quarter from its $8-million deal US with the department, through Qwest Communications International Inc.

Route1 posted a loss for the April-June period of $620,000 or nil a share compared with a loss of $1.7 million or nil a share.

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS
In this 2006 file photo, the Qwest company logo adorns the side of a repair truck.

"I am extremely pleased with our progress in the second quarter, with record revenue, and activated keys in the hands of our large customers," stated president and chief executive Andrew White.

"We continue to execute on delivering our groundbreaking identity-based services and technology to the U.S. Department of Homeland Security and Qwest, as well as other international governments and organizations. The growing adoption of Route1's technology has given us strong momentum as we have entered the third quarter."

The deal with Qwest will see Route1 deliver a minimum of 30,000 MobiKEY security equipment and 30,000 TruOFFICE subscription-based services.

During trading on the TSX Venture market, shares of Route1 rose half a cent to 9.5 cents. THE CANADIAN PRESS

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Your adviser can show you a historical performance chart, to see the risk or volatility of your investment.

You are sitting in an investment adviser's office contemplating your future.

Are you thinking about how much money you are going to make or when you can quit your job and become an artist? If yes, I'll forgive you, but rap your knuckles at the same time.

What you should be doing is asking questions. Last week I said there was no such thing as a stupid one. This week let's look at few you should pose about mutual funds.

Here are seven to get you started.

Alison's Money Rule:

- Investing your money is not just about picking the right stock, bond or mutual fund. It's about asking the right questions.

1. Is the fund's fee (the management expense ratio or MER) lower than the category average, i.e., is it lower than those of its peers?

2. Has this fund been around for at least five years?

3. And speaking of peers, how has the fund performed against its group sisters and brothers? It should be in the top 25 per cent over time.

4. Also, has this fund outperformed its benchmark index (every fund can be compared to an index like the S&P 500, for example) over its lifetime? There are thousands of funds; no point in buying a lemon.

5. You also need to know exactly what you are buying. Does the fund hold mainly small companies, big Canadian ones, European stocks, bonds or is it what's called a balanced fund with a mix of stocks, bonds and cash?

6. Next, is this fund distinct from anything else in your portfolio? You only need three or four funds tops for a well-rounded investment mix and you don't want them stepping on each other's toes with similar holdings. Duplication actually increases risk.

7. Finally, ask about risk or volatility. The adviser can show you a historical performance chart. If it has huge swings up and down, more so than a broad index like the S&P 500 or Canadian S&P\TSX Composite, then you have a greater chance of making money but also losing it.

Ask these seven questions and you are on the road to becoming an informed investor.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Either you're a leader or you're a follower

MoneyMatters

Henry Choo Chong
metronews.ca/moneymatters

Q The past year, my Registered Retirement Saving Plans (RRSPs) have declined more than 40 per cent. Can I roll some of my RRSPs into a non-registered plan and report the losses? How much tax savings will I benefit? Should I consider cashing out completely from the market? — Charles

A No losses can be claimed on your tax return while in your RRSPs.

However, subsequent losses outside your RRSP can be claimed as a capital loss and used to reduce capital gains in the current year, carried back three years or carried forward. Additionally, you maybe taxed on the partial withdrawal from your RRSPs.

Investing in the stock market is a long-term commitment. Before the start of last year's financial crisis, many novice investors experienced only market gains and believed stocks moved in one direction — up. This was a rude awakening for investors, novice and seasoned.

"Investors had two choices: Hold and wait it out or run for the hills."

After watching helplessly as their wealth evaporate between 30-50 per cent, investors had two choices: Hold and wait it out or run for the hills.

Many short-term investors took their losses and turned tail. Others held and were rewarded with a recovery of values in the past several months. This week, S&P/TSX index advanced more than six per cent. Not bad for doing nothing. Some made a conscious decision to hold, while others were too overwhelmed to react. Either way, they got some value back.

Our world will always continue to have two types of people: The ones that do and the ones that just talk about it.

However, there was a third option … Buy!

Yes, you knew that stocks would come back up but prefer to further discuss with colleagues and impress with your insight. Our world will always continue to have two types of people: The ones that do and the ones that talk about it. Talking might get you a pat on the shoulder; doing takes you outside the box.

Follow the herd and you may share some of the leftovers, however, lead the pack and you will have first choice!

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

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SMALL BIZ Talks of the big three auto, multinational banks and global business may be a focus of today's economy, but family-owned companies continue to be the backbone of business — and they're sharing some pretty strong success stories.

Take for example, Australia's yellow tail wine. In the history of beverage brand development, there have been few wine brands that have had the impact that yellow tail has. Recognized by the rock footed wallaby — not a kangaroo — on its bottle, the business was built from humble beginnings to become one of the world's leading, most recognizable wine brands and Australia's greatest single wine exporter — all while continuing to be managed and run by family.

The founders of Casella Wines, Filippo and Maria Casella, makers of yellow tail, emigrated from Italy to Australia in 1957 and began their winemaking careers at Yenda, in the New South Wales Riverina region in 1969.

A former prisoner of war, Filippo worked as a labourer for five years to raise enough money to buy land to grow grapes. His dedication and hard work paid off.

In 2001 yellow tail was launched in the USA selling 820,000 cases that year.

Today yellow tailsells approximately 11 million cases of wine worldwide and is the number one imported wine in Canada.

In spite of its global growth, Casella Wines is still very much a hands-on family business, says John Casella, son and managing director for Casella Wines.

In addition to producing wine, the company is also focused on helping its community by offering a scholarship for undergraduate winemakers, nurses and medical students at Charles Sturt University in Australia.

The business has also considered its ecological impact and built the largest water recycling treatment plant in Australia, capable of recycling the equivalent of 160 Olympic-sized swimming pools each year.

"We are proud of our success but more proud of the fact we are all working together, recognized and respected," says John.

"The winery is more than just about making a wine that consumers love and enjoy. For me it is all about family. My favourite moment happens every Sunday when the entire family gathers around the table to share a great meal and afternoon together and of course, yellow tail is always present."

NEWS CANADA

Phillip, John and Marcello Casella of Casella Wines.

According to a survey, a full 90 per cent of respondents said they were willing to spend more for homes that deliver better indoor air quality.

The future of buying a home: Energy savings

A new trend is emerging among those Canadians thinking of buying or building a new home.

According to a survey by EnerQuality Corporation, a home energy training and consulting firm licensed to deliver Natural Resources Canada's (NRCan's) Office of Energy Efficiency (OEE's) new housing initiatives, nine out of 10 buyers will be looking for energy efficiency features in their next home.

A full 90 per cent of respondents also said they were willing to spend more for homes that deliver better indoor air quality and are more energy-efficient.

The findings could help explain the explosion in the number of homebuilders lining up to become licensed in delivering OEE's new housing programs — EnerGuide Rating System (ERS), ENERGY STAR for New Homes and R-2000.

The homebuilding industry is undergoing one of its most significant transformations in recent years as it responds to higher consumer demand for greener homes and more energy-efficient building practices.

"Homes built to the R-2000 standard achieve a minimum energy efficiency rating of 80 on the EnerGuide scale. This translates to a home that uses approximately 30 percent less energy than (average)."

In order to satisfy the demand, homebuilders are implementing a number of federal and regional programs across Canada designed to provide a consistent, cohesive approach to building energy-efficient homes. It's important to understand the available initiatives so take note.

The ERS determines the home's level of energy efficiency on a scale from 0-100. Tools such as the ERS and R-2000 Standard are used in support of regional energy-efficiency initiatives such as ENERGY STAR for New Homes, Power Smart New Homes, Built Green, Yukon GreenHome, and Novoclimat.

The R-2000 standard reflects the best in technology development by the federal government and the homebuilding industry. Homes built to the R-2000 standard achieve a minimum energy efficiency rating of 80 on the EnerGuide scale.

This translates to a home that uses approximately 30 percent less energy than an average newly built home. In addition, there is a series of technical requirements for ventilation, airtightness, insulation, choice of materials, water use and other factors, etc.

If you plan to build or buy a home in the coming months, you should brush up on the latest trends, terminology and technology, and look into R-2000 and other regional housing energy efficiency initiatives. Visit newhomes.nrcan.gc.ca for information.

NEWS CANADA

12-year-old plays first division soccer

A 12-year-old has played in a first division soccer game in Bolivia. Mauricio Baldivieso entered the match Sunday in the 84th minute in a game Aurora lost 1-0 to La Paz FC. He is believed to be the youngest player to take the field in a top-flight game in the South American country. METRO NEWS SERVICES

Sports

Suns extend Nash

Steve Nash, left, and the Phoenix Suns have agreed on a $22-million US, two-year contract extension, according to his agent. The deal will keep the two-time MVP point guard under contract with the Suns through the 2011-12 season. The 35-year-old Victoria, B.C., native, entering his 13th NBA season, had one year left on his contract that would pay him $13 million next season. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Stars come out for Weir's charity at Canadian Open

It's been nearly a decade since Mike Weir arrived at the RBC Canadian Open and wasn't the biggest star on the grounds.

But that's exactly the situation he found himself in yesterday as he quietly stepped on to the practice range at Glen Abbey amid a gaggle of celebrities.

There was Michael Jordan standing in the middle of the putting green, exchanging phone numbers with John Daly and puffing on a large cigar. Less than 100 feet away, an excited group of fans nearly knocked one another over while trying to get actor Kevin Costner to sign some memorabilia. And grouped together on the practice tee were NHL stars Joe Thornton and Rick Nash, who chatted about the offseason before hitting a few warmup shots.

Of course, they had all turned up on a sunny morning to support Weir and play in a charity tournament that benefits his foundation for kids. The host was thrilled to see so many stars.

"It means a lot to have guys take time out of their summers," said Weir. "It's a busy time. Those type of guys, you know the value of their off time. So to come here and support me in this event is huge."

CHRIS YOUNG/THE CANADIAN PRESS

Former NBA star Michael Jordan hits a shot yesterday at the Mike Weir Classic at the Glen Abbey Golf Club in Oakville. Celebrities and athletes took part in the charity day prior to Thursday's Canadian Open.

The last time anyone could remember so much action and excitement on a Monday before this event was when Tiger Woods showed up during a record-setting run in 2000.

Jordan looked sharp in a pink golf shirt and easily drew the biggest following while making his way around a Glen Abbey layout that will host the 100th Canadian Open Thursday to Sunday. Several fans wore his familiar No. 23 jersey and snapped photos as he walked the fairways.

THE CANADIAN PRESS

Vick completes sentence

FOOTBALL Suspended NFL star Michael Vick's federal dogfighting sentence has ended, freeing him to lobby for a return to the playing field.

Vick's lawyer Lawrence Woodward said Vick was released from federal custody yesterday at his home in Virginia. Vick had been under home confinement for the last two months of his 23-month sentence.

Freedom will allow Vick to step up his efforts to resume his pro football career. NFL commissioner Roger Goodell has said he will review Vick's status after the former Atlanta Falcons quarterback completes his sentence.

If Vick is able to return to the NFL, it won't be with Atlanta. The Falcons released Vick in June.

THE ASSOCIATED PRESS

Contador shifts focus from Astana teammates to Tour opposition

CYCLING The tensions with Lance Armstrong have cooled, and Alberto Contador is now focusing on the possibility that rivals on other teams will try to swipe his Tour de France lead.

"We still have a hard week left to go." Alberto Contador

The 26-year-old Spaniard used yesterday's rest day to lay out his plan of attack — and defence — to keep the yellow jersey that he seized by winning the first alpine ride in Stage 15 a day earlier.

Contador, who won the 2007 Tour, said his lead over other contenders "looks good" so far, but cautioned: "It's not done yet, we still have a hard week left to go."

Armstrong, the seven-time champion who has come back to the race after 3½ years of retirement, is in second overall — one minute 37 seconds behind his Astana teammate.

THE ASSOCIATED PRESS

Pacers clear Jack's path to join Raptors

NBA The Indiana Pacers have cleared the way for guard Jarrett Jack to land in Toronto.

The Pacers said yesterday they will not match the offer sheet Toronto issued to Jack, a restricted free agent.

"It was a very difficult decision because Jarrett proved last season what he can bring to a team," Pacers president Larry Bird said in a statement released by the team.

THE CANADIAN PRESS

Sports in brief

SOCCER The Montreal Impact have released midfielder Sandro Grande, nine days after he put a chokehold on player-coach Mauro Biello during a 3-0 away loss to the Minnesota Thunder.

AQUATICS Canada captured its second medal at the world swimming championships yesterday when synchronized swimmer Marie-Pier Boudreau-Gagnon won bronze in the solo tech event, giving Canada a pair of third-place finishes at the world championships. Boudreau-Gagnon joins Alexandre Despatie and Reuben Ross, who finished third in the men's three-metre synchronized diving event Saturday.

DOME The aging home of the CFL's Saskatchewan Roughriders should be replaced with a domed stadium, according to a report released yesterday. The report pegs the cost of such a stadium at about $350 million, and says it could be ready in time for Saskatchewan to host the Grey Cup in 2013.

METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST

	W	L	Pct	GB
Boston	55	36	.604	-
New York	55	37	.598	.5
Tampa Bay	51	41	.554	4.5
TORONTO	**46**	**47**	**.495**	**10**
Baltimore	41	51	.446	14.5

CENTRAL

	W	L	Pct	GB
Detroit	48	42	.533	-
Chicago	47	44	.516	1.5
Minnesota	47	45	.511	2
Kansas City	37	54	.407	11.5
Cleveland	36	57	.387	13.5

WEST

	W	L	Pct	GB
Los Angeles	52	38	.578	-
Texas	49	41	.544	3
Seattle	49	43	.533	4
Oakland	38	52	.422	14

YESTERDAY

N.Y. Yankees 2 Baltimore 1
Boston at Texas
Tampa Bay at Chi. White Sox
Minnesota at Oakland
L.A. Angels at K.C. (ppd., rain)

TODAY

Cleveland at **TORONTO**
Baltimore at N.Y. Yankees
Seattle at Detroit
Boston at Texas
L.A. Angels at Kansas City
Tampa Bay at Chi. White Sox
Minnesota at Oakland

NATIONAL LEAGUE

EAST

	W	L	Pct	GB
Philadelphia	52	38	.578	-
Atlanta	47	46	.505	6.5
Florida	46	47	.495	7.5
New York	44	48	.478	9
Washington	26	66	.283	27

CENTRAL

	W	L	Pct	GB
St. Louis	51	43	.543	-
Chicago	47	44	.516	2.5
Milwaukee	47	45	.511	3
Houston	46	46	.500	4
Cincinnati	44	47	.484	5.5
Pittsburgh	40	51	.440	9.5

WEST

	W	L	Pct	GB
Los Angeles	58	34	.630	-
Colorado	50	42	.543	8
San Francisco	50	42	.543	8
Arizona	39	53	.424	19
San Diego	37	55	.402	21

YESTERDAY

Atlanta 11 San Francisco 3
N.Y. Mets 6 Washington 2
Philadelphia 10 Chicago Cubs 1
Milwaukee at Pittsburgh
St. Louis at Houston
Arizona at Colorado
Florida at San Diego
Cincinnati at L.A. Dodgers

TODAY

Chicago Cubs at Philadelphia
Milwaukee at Pittsburgh
N.Y. Mets at Washington
San Francisco at Atlanta
St. Louis at Houston
Arizona at Colorado
Florida at San Diego
Cincinnati at L.A. Dodgers

CFL

THURSDAY

Hamilton at Montreal

FRIDAY

TORONTO at Winnipeg
Calgary at B.C.

SATURDAY

Edmonton at Saskatchewan

MLS

FRIDAY

FC Dallas at Real Salt Lake

SATURDAY

Chicago at Seattle
TORONTO FC at Columbus
New England at Houston
Los Angeles at Kansas City
New York at Colorado
D.C. United at San Jose

Ronaldo struggles in Madrid debut
Cristiano Ronaldo struggled in his first match for Real Madrid yesterday, missing two free kicks in a pre-season friendly against Shamrock Rovers before a late strike from Karim Benzema gave the visitors a 1-0 win. THE ASSOCIATED PRESS

Hurts so good for young Argo receivers

In the bruising world of professional football, one man's injury is another's opportunity.

Opportunities abound for Canadian receivers with the Toronto Argonauts right now.

Four non-import pass catchers went down with injuries in a 44-9 thumping by the Calgary Stampeders on Friday and at least three won't be back for this week's game.

So, as the Argos yesterday began practising for a Friday visit to Winnipeg, rookie slotback Mike Bradwell was running patterns with the first-team offence.

"Obviously it's a great opportunity," said Bradwell, a 23-year-old graduate of Toronto's Leaside High School and McMaster University in Hamilton. "We're all football players and we all come out here to play and we all want to be on the field."

Slotback Andre Talbot, who missed the opening two games with a back injury, sprained his ankle in Calgary as he made his first reception. Bradwell stepped in and finished the night with three catches, including one for 40 yards.

Talbot's injuries have made Bradwell a key in the passing offence and he's now second on the team in receiving with eight catches for 175 yards, including a touchdown.

"I'm just going to take this opportunity and run with it as long as I can," said Bradwell, a second-round choice, 13th overall, in the 2008 draft.

Argos coach Bart Andrus praised Bradwell's ability to learn quickly.

"He understands what we're doing. He understands the scheme that he's seeing defensively and he knows how to attack it," Andrus said. "He's doing everything that we ask him to do right now and he's doing a good job of it."

In addition to Talbot's ankle, which will keep him out of at least Friday's game, receiver Matt Lambros hurt his knee on special teams and was to have an MRI late yesterday. Steve Schmidt, who hurt his calf during the warmup in Calgary, cannot run pass routes, but is expected to handle long-snapping duties in Winnipeg.

Receiver Brad Smith, released last week, is expected to be back and in the lineup for the game.

Tyler Scott, the fourth Canadian receiver to go down in Calgary, was on the field yesterday and hopes to play Friday if he remains symptom-free from a mild concussion.

The 23-year-old Windsor native, who doesn't remember the helmet-to-helmet hit which knocked him out of the game, said while it's tough to have a veteran leader like Talbot out, it gives him, Bradwell and others more chance to shine.

"This really opens up some doors," said Scott, who had 19 catches for 309 yards as a rookie last season. "You've got to take it and capitalize on it."

TORSTAR NEWS SERVICE

Sports in brief

YANKEE STADIUM Notre Dame will play Army in the first football game at new Yankee Stadium on Saturday, Nov. 20, 2010. The teams met 22 times at old Yankee Stadium, playing annually from 1925-46, except for 1930, and again in 1969 in the 100th anniversary of college football. THE ASSOCIATED PRESS

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Mariners prospect Tyson Gillies turns negative of hearing loss into positive

BASEBALL No matter what he does, Tyson Gillies has to put in more effort than most other people, pay attention to things a bit closer, work a little harder.

That's because the 20-year-old from Vancouver was born with 50 per cent hearing in one ear and 35 per cent in the other. The hearing aids he's worn since he was four help, but he still misses out on a lot. Reading lips often helps him fill in the blanks.

The impressive Seattle Mariners prospect refuses to let that hold him back and, in using a relentless determination to overcome his impairment, he's managed to turn a negative into a positive.

"Being hearing impaired is a little borderline thing that I know people and coaches think about, so I'm trying to use my work ethic a lot to make them overlook it," Gillies said after playing for the World Team at the annual Futures Game last week in St. Louis.

"Being hearing impaired is a little borderline thing that I know people and coaches think about, so I'm trying to use my work ethic a lot to make them overlook it."
Tyson Gillies

"I use it to my advantage because I really have to pay attention, I really have to keep my head up at all times. I can't always hear the cutoff man and where they're going, so I have to know the hitters, the runners on base, know my speed and how fast I can get to the ball and basically where things should go from there."

That approach is working for him.

A 25th-round pick in 2006, Gillies is generating some buzz in his second season of pro ball. Playing for the advanced single-A High Desert Mavericks in Adelanto, Calif., the centre-fielder is batting .322 out of the leadoff spot with 66 runs scored and 25 stolen bases in 83 games. He also has 48 walks against just 62 strikeouts, a good ratio for someone his age.

Gillies was one of the youngest players named to the Futures Game, which is often a portent of future success. The 10 contests prior to last week's 7-5 World Team win over the United States have featured 200 players to eventually reach the big leagues, 39 of them all-stars.

That's no guarantee, of course, but an invitation means the Mariners think he's a player going places. He's got tremendous speed, can go get the ball in the outfield, owns a good sense of the strike zone, and has good hand-eye co-ordination.

But he doesn't want to get ahead of himself.

"I try to stay away from looking in the future, what I can do next year, this and that," he said. "The only goal I had when I started pro ball was I wanted to be in double-A by the time I'm 24 years old. That's four years from now."

THE CANADIAN PRESS

Shearer may stick as Newcastle manager

Sports investment company Profitable Group says it intends to keep Alan Shearer as manager of the Newcastle soccer club if successful with its bid to buy the team. But the Profitable Group said yesterday that his company needs progress on the buyout, and wants a decision by the end of this week. METRO NEWS SERVICES

Sports in brief

SOCCER Danish side FC Nordsjaelland's defender Jonathan Richter is in a coma after being hit by lightning during a reserve game. Richter was struck during a brief thunder storm yesterday while playing against second-tier team Hvidovre, and was unconscious when he was taken away in an ambulance.

NBA The NBA is defending its minimum age requirement to the U.S. Congress, but a critical politician is unmoved and wants to meet with top league officials to discuss it. The policy requires that players be at least 19 years old and a year out of high school before entering the league.

METRO NEWS SERVICES

University star giving back

STEPHEN JOHNSON
for Metro Canada

Josh Sacobie has achieved a lot as a football player and would like to accomplish even more away from the sports field.

Sacobie was quarterback of the University of Ottawa Gee-Gees from 2004 to 2008. During his time with the Gee-Gees, Sacobie set numerous passing records and was a perennial all-star.

More impressive than the stats is his commitment to give back to the Aboriginal community. Sacobie is originally from Fredericton, N.B., and is a member of the Maliseet First Nation.

"There is a tremendous amount of work that needs to be done," explained Sacobie. "It is unacceptable that many Aboriginal communities live in Third World conditions in a First World country. I have the opportunity to share my struggles, but also to talk about my successes."

In the summers of 2007 and 2008, Sacobie put his principles into action. He worked with the Cree Nation of Mistissini in northern Quebec. The community is located about 1,100 kilometres northeast of Ottawa.

"My first summer there, I helped establish a football camp. It was great bringing football to a community that had never played it," he said. "For my second summer, I worked as a child-care worker. I spent most of my time just listening. Many children simply need someone they can talk to about their situation."

There is one experience Sacobie will never forget from Mistissini. "I had a chance to go on an adventure trip with youth and elders. We went to an isolated area where elders passed on the Cree traditions to the youth. It was amazing to be in a place totally peaceful."

This summer, Sacobie is again active with Aboriginal youth, working with an initiative called Gen 7.

"The purpose of the program is to bring a positive message to Aboriginal youth," Sacobie said. "We believe in doing follow-up in every community visited. For instance, I have had three sessions with youth at the Katarokwi Native Friendship Centre in Kingston, Ont. It is good for the young people to see you are committed to working with them."

Even though Sacobie holds a degree from the University of Ottawa, it is unlikely he will hold an office job in the future. "The thought of nine-to-five scares me. My passion will always be working with Aboriginal people. That is how I feel I can make a positive contribution."

Focus On First Nations

JOEL CÔTÉ-CRIGHT/UNIVERSITY OF OTTAWA SPORTS

A former Ottawa Gee-Gees quarterback and a member of the Maliseet First Nation, Josh Sacobie has been working with Aboriginal communities in Ontario and Quebec since his graduation.

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Workology

H1N1 preperation

Like their American counterparts, universities in Canada are spending the quieter summer term revising emergency plans to prepare for whatever impact the H1N1 virus may have. Discussions at McGill are focusing on how to keep classes running should professors or students come down with swine flu. UBC is considering restricting or cancelling public gatherings if the flu spreads.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Behind the scenes king

Jordan Francis' resumé paints jack-of-all-trades picture

Backstage **Pass**

BRIAN COULTON
for Metro Canada

When Jordan Francis was just three years old, his mother enrolled him in dance class because she said he had so much energy he was always causing trouble.

"I started with jazz, then moved on to tap, ballet, afro and hip-hop," said Francis, now 18. "Dancing has been my main foundation since I was a little child. Then I moved on to doing acting, then music after that. It's been like fulfilling dream after dream."

What began as a control measure turned into a career for Francis, who's now a seemingly jack-of-all-trades in performance arts. In front of the scenes, he starred as Simba in The Lion King on Broadway, acted in the Disney Channel original movie Camp Rock alongside the Jonas Brothers, and has a music video for one of his songs in rotation on MuchMusic.

But it's behind the scenes where Francis most flourishes. Also a choreographer, voice actor and songwriter, Francis said he enjoys those roles because of their lack of image consciousness.

"Working in front of the camera, you've got to make sure you look really nice and put together," he said. "I like to get my hands dirty, play sports once in a while, play video games … kind of be a kid. I'm 18 years old, but I still act like I'm 12 sometimes."

Juvenility works in his favour, however, when it comes to voice acting for animated projects such as Teletoon's Carl Squared, on which he plays a supporting character. "I'm watching cartoons all the time and mimicking," said Francis. "Bugs Bunny? Oh my gosh. I used to watch it all the time."

I feel like that's what matters most — to really send a message."
Jordan Francis on songwriting

PHOTOS SUBMITTED

As a voice actor, choreographer and songwriter, Jordan Francis has flourished behind the scenes.

But Francis' favourite of his many jobs is making music, he said. Inspired by English classes as a child in which he could unabashedly voice his opinion and "build creative juices," Francis has written songs for himself and other local rap artists.

"Songwriting really helps me have fun, mess around and do whatever I want, because it's not like people are watching me while I'm in the recording studio," he said. "It's more like people are hearing me out. I feel like that's what matters most — to really send a message."

That's why Francis said the majority of music he makes is for charitable causes. He's even penning a song now called We Can Make it Now for Ability Online, an Internet community where ill and disabled children can connect.

"Always being in the public eye, it makes me feel like I'm doing really well," he said. "On top of that, it makes you feel good on the inside as well."

For more of the Backstage Pass exclusive series check Workology frequently or stop by:
metronews.ca/work

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Students, politicians fear deep impact by job cuts at University of Calgary

The president of University of Calgary's student union fears the job cuts at the university will have a severe impact on the institution. A Liberal MLA says the province needs to provide institutions with more stable funding. METRO NEWS SERVICES

Young workers want more web

Ryan Tracy thought he'd entered the Dark Ages when he graduated college and arrived in the working world.

His employer blocked access to Facebook, Gmail and other popular Internet sites. He had no wireless access for his laptop and often ran to a nearby café on work time so he could use its Wi-Fi connection to send large files.

Sure, the barriers did what his employer intended: They stopped him and his colleagues from using work time to goof around online. But Tracy says the rules also got in the way of legitimate work he needed to do as a scientific analyst for a health-care services company.

"It was a constant battle between the people that saw technology as an advantage, and those that saw it as a hindrance," says the 27-year-old Chicagoan, who now works for a different company.

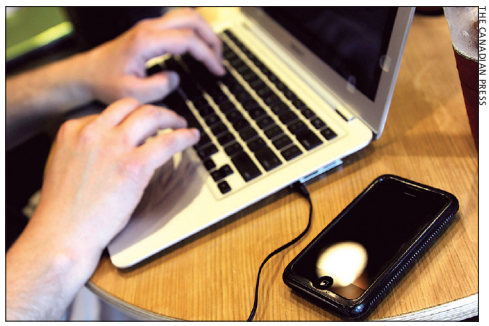
He was sure there had to be a better way. It's a common complaint from young people who join the workforce with the expectation that their bosses will embrace technology as much as they do. Then some discover that sites they're supposed to be researching for work are blocked. Or they can't take a little down time to read a news story online or check their personal email or social networking accounts. In some cases, they end up using their own Internet-enabled smart phones to get to blocked sites, either for work or fun.

So some are wondering: Could companies take a different approach, without compromising security or workplace efficiency, that allows at least some of the online access that younger employees particularly crave?

"It's no different than spending too much time around the water cooler or making too many personal phone calls. Do you take those away? No," says Gary Rudman, president of GTR Consulting, a market research firm that tracks the habits of young people. "These two worlds will continue to collide until there's a mutual understanding that performance, not Internet usage, is what really matters."

This is, after all, a generation of young people known for what University of Toronto sociologist Barry Wellman calls "media multiplexity." College students he has studied tell him how they sleep with their smart phones and, in some cases, consider their gadgets to be like a part of their bodies. They're also less likely to fit the traditional 9-to-5 work mode and are willing to put in time after hours in exchange for flexibility, including online time.

THE CANADIAN PRESS



THE CANADIAN PRESS

Many young workers in today's world are often left confused why their companies decided to block access to certain websites.

Work-web tips

- Remember that anything you do on a company-issued computer or cellphone — in or out of the office — could be tracked by a boss, the courts or a regulator. Many employers monitor website use, keystrokes, instant messages and email. Some even archive text messages on work cellphones.
- Avoid mentioning your company, boss or co-workers in online postings unless you have permission to do so.
- Avoid using any device to take or transmit any company-related photos, videos or other recordings without permission from management. This includes any images of company buildings or logos and embarrassing or unprofessional photos of co-workers or clients.
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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Aboriginal health initiative

New project targets First Nations diabetes with better access to food and education

CELIA MILNE
For Metro Canada

"Many times the kids tell stories of their families being sick," writes a Grade 3 teacher in the Sandy Lake First Nations community in Ontario.

The teacher is talking about diabetes and finds the eight-year-olds have heard of it. She is one link in the Sandy Lake Health and Diabetes Project, conceived in 1991 to increase physical activity and encourage healthy eating in the aboriginal community. Sandy Lake now has better walking trails, better access to healthy food and better education.

The project — which is a collaboration between the local First Nation Band Council and University of Toronto researchers — is a good example of how grass roots enthusiasm can improve aboriginal health.

In Quebec, a similar initiative — The Kahnawake Schools Diabetes Prevention Project — teaches children how to avoid diabetes.

"Low activity levels, excess calories, processed foods and stress are toxic to everybody... They result in diabetes and obesity. It is happening quicker in indigenous and marginalized populations."
Dr. Anthony Hanley, Canada research chair in diabetes epidemiology

Diabetes is three to five times more common in First Nations people than in the general Canadian population. It is one of many modern illnesses that strike hard in this community. Why? Although genetic differences may play a small part, the culprits are the same ones that affect us all.

"Low activity levels, excess calories, processed foods and stress are toxic to everybody," says Dr. Anthony Hanley (PhD), Canada research chair in diabetes epidemiology at the University of Toronto. "They result in diabetes and obesity. It is happening quicker in indigenous and marginalized populations."

Often appalling living conditions make healthy choices difficult: "It is not a simple matter of genetics," agrees Dr. Malcolm King, scientific director of Aboriginal Peoples' Health at the Canadian Institutes for Health Research, who is based at the University of Alberta in Edmonton. "Look to the environment for underlying causes."

Poverty, overcrowded housing, lack of running water and lousy access to health services and supplies are the roots of the problem, he says. He believes research and development are needed in improving these basic needs.

"Such research will allow us to better design programs to reduce the vulnerability of aboriginal populations to diseases for which the underlying causes are social factors that are considered in countries such as Canada to be the rights of all individuals."

As in the case of Sandy Lake, positive change has to come from within. "The critical factor in all of this is to meaningfully involve First Nations, Inuit and Metis communities in the design and delivery of programs and research that affect and can have direct impacts on their well-being," says King.

Says Hanley: "Encouraging things are starting to happen at the community and national levels. We need to do our best to maintain that momentum and encourage more research partnerships."

FocusOn FirstNations

Diabetes is three to five times more common in First Nations people than in the general Canadian population. The culprits include low activity levels, excess calories, processed foods and stress.

The Don't Bite Me! patch is available at natural food stores and major retailers nationwide. It comes in a five-pack, retailing for $4.99 and a 10 pack, retailing for $7.99.

Patch wards off mosquitoes

OUTDOORS Here's a new way to get mosquitoes to buzz off. This may be worth a try the next time bugs threaten to ruin your campfire or hike in the woods. The Don't Bite Me! patch is a natural insect repellent containing vitamin B1 and aloe.

You apply the patch to a dry, hairless area of your body about two hours before exposure to mosquitoes. The excess B1 produced by the patch is secreted through the body's pores, creating a scent (almost undetectable to humans) that repels the mosquitoes.

The patch contains no DEET and is safe for children. To find out more about Don't Bite Me!, go to dontbitemepatch.com.

CELIA MILNE/FOR METRO CANADA

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TORSTAR NEWS SERVICE

A scene from the 1987 movie Fatal Attraction, where actor Glenn Close portrays a dangerously obsessive character.

Jealousy turned fatal

The J Spot

Josey Vogels

metronews.ca/thejspot

In assessing the mental state of M.T. — the Toronto teenager who badgered D.B., a guy she had been briefly involved with, to stab 14-year-old Stefanie Rengel to death in January of last year — the Crown's expert said she could evolve into someone like the dangerously obsessive character portrayed by actor Glenn Close in the 1987 movie Fatal Attraction. Remember? The boiled pet bunny scene?

While the defense may argue that this is a sensational analogy, the emerging portrait of a young women who has displayed anger, jealousy and manipulation with at least three boyfriends, who is needy and attention-seeking and has abandonment and rejection issues doesn't exactly make her the poster child for healthy relationships.

Sure, we've all had our jealous moments. In fact, I never trust those people who proudly claim: "I simply don't get jealous." It's creepy.

Biologists say jealousy is in our evolutionary interest as it keeps our mate from straying. Anthropologists say it doesn't exist in cultures where relationships outside of marriage are accepted. Psychologists say people who have experienced abandonment in their lives are often extremely jealous out of fear of losing their partner.

"Biologists say jealousy is in our evolutionary interest as it keeps our mate from straying."

Anthropologist Helen Fisher studied the brain activity of people who were spurned by a lover and discovered that, "The dopamine produced when we fall in love occurs in the 'rewards system' of the brain. When the brain realizes that a reward is delayed in coming, other parts of the reward system — those associated with motivation and focused attention — sustain their activity."

In other words, when we are rejected, we often become more focused on getting that person's attention. To add insult to injury, the stress involved with not getting what you want further elevates levels of dopamine. Fisher coined the term, "Frustration Attraction" for this condition. You might know it as obsession.

Certainly, when we're younger and lacking the experience and emotional maturity to handle the heady mix of feelings that relationships bring, jealousy can be an immature response. But most of us eventually learn the destructive nature of this emotion and know when to curb it.

If we don't, one can become so consumed by it that it causes them to kill someone or to kill themselves, explains Fisher.

One can only hope, as her defense is arguing, that M.T. will gain better control over her emotional issues as she ages. Sadly, Stefanie Rengel will never have that chance.

• What is the financial worth of saying "I Love You?" Find out in Josey's Sexcetera blog at metronews.ca/blog

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

RYERSON UNIVERSITY

Invitation to participate in an online survey for Engineers trained in Canadian Universities

Dr. Usha George (Faculty of Community Services, Ryerson University) and Dr. Esme Fuller-Thomson (Faculty of Social Work, University of Toronto), are conducting a study on the experiences of foreign trained and Canadian trained engineers in looking for and finding suitable employment in the field of engineering. The findings of the study will help create awareness among policy makers on the experiences of foreign and locally trained engineers in finding suitable employment in Canada.

You are eligible to participate in the online survey if you:

- ***Have been trained as an engineer at a Canadian University within the past ten years, and,***
- ***Have a license or are thinking about applying for licensing***

The filling of this questionnaire would take you approximately fifteen minutes. Please go to this link to access the survey: www.surveymonkey.com/s.aspx?sm=EDVD3qLBxu7AK542i6OxZw_3d_3d
You will receive a $10 Loblaws gift coupon on completion of this survey.

If you have any questions or concerns please contact: joelsthomson@gmail.com

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But usually, a bee sting isn't a big deal. Just be the nurturing woman you are: Be quick, and scrape the stinger out of the skin using your fingernail or a credit card. Don't squeeze it or you'll release more venom.

If you have meat-tenderizing powder in your spice rack, make a paste with ice-cold water and apply it for 10 minutes. (An enzyme in the tenderizer breaks down the venom.) Otherwise, use toothpaste: It's among the world's best home remedies for bee-sting relief.

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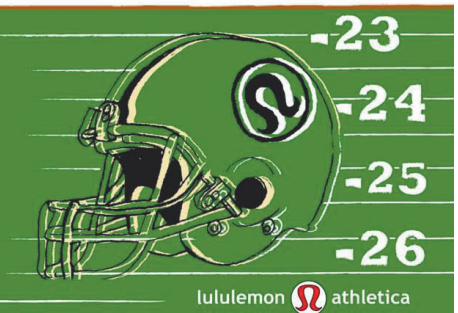

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Single Mom's Unbearable Pain results in discovery of new Pain Relief Technique

When getting out of bed became an unbearable task...when putting socks on in January was out of the question... and when even a cough or a sneeze required ample notice and preparation, Amber Korobkina was at her wits' end.

A work injury resulting in spinal damage proved to be the turning point in this Burlington woman's life. A single mother in her late 20's, Korobkina had no choice but to endure the pain and carry on working in order to pay for her long list of alternative therapies. Korobkina remembers, "ibuprofen was a staple in my household -- if my friends wanted to cheer me up when I was bedridden, they didn't bring flowers; they brought painkillers!"

Unfortunately, the painkillers and therapies were no match for the pain, and Amber was referred to a surgeon. Though intimidated by the thought of spinal surgery (with no guaranteed results), Korobkina had no other options, and began to look forward to the prospect of being repaired.

In the meantime, the constant pain was taking its toll on Korobkina's disposition, and when a co-worker commented on her frustration, an interesting conversation developed. It seemed that not only had he experienced a similar problem, but had managed to resolve it with just a few treatments called "The Bowen Technique". With surgery months away, Korobkina halfheartedly decided to give it a try, and booked an appointment for Bowen Therapy

"I limped into the clinic with no idea what to expect. I was used to being poked and prodded, but this was different," Korobkina describes. "The doctor who treated me touched me very gently, and I remember thinking that he wasn't even close to where it hurt. He left the room several times, and eventually I fell asleep. After only a few treatments, my pain was gone and there was no need for surgery."

The technique involves gentle, precisely placed, soft tissue manipulation at specific locations along the spine, legs, arms and neck. The practitioner rolls a fingertip over the muscle or tendon, disturbing it, without sliding the skin. There's a subtle vibrational effect through the muscle that affects the nervous system. It's like plucking a guitar string or letting go of a string on a bow and arrow. It can be described as 'playing' the nervous system.

Bowen Therapy is not only effective for spinal issues, it can be used to treat sports injuries, frozen shoulder, whiplash, infertility, arthritis, tennis elbow, asthma and fibromyalgia to name a few. It can impact organs like the liver, kidney, and intestine as well as endocrine, adrenal and thyroid function. To sum it up, Bowen reminds the body how to heal itself in a surprisingly small number of treatments. The treatments can even be performed through light clothing. Results are long-term and most clients do not need to return unless they re-injure themselves.

Seven years later, now completely pain free, Korobkina has gone on to learn the technique and become one of the leading Bowen practitioners in Ontario. She has just added a Toronto location to her chain of Bowen clinics with locations in Burlington, Kitchener and St. Catharines. "It changed my life so much! I just felt the need to master the technique and heal others like I was healed." Korobkina began treating clients out of her home in 2005, with impressive results. Clients were feeling better, and referring even more pain sufferers for treatments.

Now helping people recover is something Amber is able to do on a daily basis on many levels. Her Toronto clinic, "Let it Heal", is located at 161 Eglinton Ave. East, Suite 200, where she and several other Bowen practitioners specialize in advanced Bowen.

For more information, or to book an appointment, please call 416-628-6290 or visit www.letitheal.com.

Arthritis Sufferers: Great News!

Painkillers are often a costly necessity for the overwhelming number of people affected by arthritis today. Along with other symptoms, joint pain is the most menacing side effect of rheumatoid arthritis.

Taking medicine to combat the pain is an effective, and for some people essential, way to treat the symptoms of arthritis. By treating the symptoms, however, there are often additional side effects.

Let it Heal, a chain of natural health clinics, offers a cutting-edge detoxification treatment called IonSpa, which triggers the body's detoxification mechanisms through simple osmosis.

"After only two ionspa treatments," one client reports, "the arthritic pain in my knees was much less. I was immediately able to be active again, and by my fourth footbath I was able to go up and down stairs pain-free!"

The footbath works on simple scientific principles. While clients enjoy a relaxing footbath, a gentle electrical current enters the body through the skin on the feet, creating a magnetic charge that stimulates the body's own clean-up regime.

Using only regular tap water and a small amount of sea salt, free radicals inside the body are neutralized, increasing alkalinity. As the cellular exchange takes place, the clear water will gradually change colour, giving clients a solid visual representation of their results. The resulting colour change is dependent on the type and amount of toxins in the body, as well as the mineral content of the saltwater footbath.

Since rheumatoid arthritis is an autoimmune disorder, the benefits to immune system deal with root of the problem, as well as the symptoms. The treatment is safe for children as well as elderly clients, cancer patients and those recovering from surgery. Treatments are only $39.

Let it Heal has locations in Toronto, Burlington, St. Catharines and Kitchener. Their Toronto location is at 161 Eglinton Avenue East, Suite 200. Call for appt.: 416-628-6290, www.letitheal.com

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6 places you are likely to get sick in Toronto

One in six Torontonians get food poisoning every year with a peak in July and August - barbeque season.

1. Hospitals: It's where you go to get well. But at least seven per cent of people admitted to hospital will get an infection, including from the antibiotic superbug C. difficile.

2. Schools and daycares: Close quarters, lots of sticky hands and kids' immature immune systems mean viruses quickly make the rounds. In one study, a virus introduced on a toy into a day care in the morning was found on 80 per cent of kids by 5 p.m. and on 50 per cent of parents by the next morning.

3. The TTC: Or any closed-in, crowded place where people touch their mouths, pick their nose or cough into their hands. And then touch their surroundings

4. Pubic swimming pools: Gastrointestinal illness from public pools are on the rise in the States, according to the U.S. Centers for Disease Control. The offender? Cryptosporidium, a microscopic parasite found in human feces that can live as long as 10 days in chlorinated water.

5. The Saturday night party scene: Or any place people are going to have casual sex. Stats from Toronto Public Health show some sexually transmitted infections, including Chlamydia and syphilis, are on the rise.

6. The Backyard BBQ (on a hot summer's day): Every year, one in six Torontonians get food poisoning. According to Toronto Public Health, sporadic cases peak in July and August. Blame it on the summer heat, which causes micro-organisms to grow faster in food, and undercooked meat.

TORSTAR NEWS SERVICE

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Summer feet suffer

Limit flip flop use and reduce swelling with exercise: Experts

CELIA MILNE
For Metro Canada

ISTOCK PHOTO

People who spend the whole day wearing flip flops for a range of activities are setting themselves up for foot pain, say podiatrists.

Ah, the sweet summer sound of flip flops clicking underfoot as we frolick in the sun.

It's summertime and our toes are finally free to wiggle! But, according to two Canadian podiatrists, foot problems are common in the summer, and one of the culprits is too much time spent wearing flip flops.

"Flip flops are a poor quality of foot wear," says Dr. Paul Leszner, a podiatrist (foot doctor) in Toronto. "They offer no support and should only be used to wear around the pool."

People who spend the whole day wearing flip flops for a range of activities are setting themselves up for foot pain, agrees Dr. Roy Mathews, a podiatrist with clinics in New Westminster and Kerrisdale, B.C. "You should never do anything active besides walk in a flip flop. Ever!" he says.

When you are buying sandals, there are certain things to look for to prevent foot problems, say the podiatrists. First of all, a heel cup to grip the heel is a good idea to prevent the foot from rolling side to side.

Arch support is also helpful to take the pressure off the underside of your feet. Straps over the foot will provide more security than a strap between the toes.

Most important of all is rigidity, says Mathews, which means less stress transferred to the foot.

Brand names of solid, supportive sandals mentioned by Mathews and Leszner include Naot, Mephisto, Birkenstock and FinnComfort.

Flip flops may come in handy in protecting you from Plantar's warts, which are caused by a virus that many people pick up from spending time around a pool in bare feet.

Other common foot problems in summer include swelling in the feet, blisters and athlete's foot, which is caused by a foot fungus.

Swelling in the feet often occurs as the temperature rises. The high temperatures result in a vasodilation of blood vessels so that more fluid is brought into our feet. Believe it or not, exercise is an excellent way to reduce swelling, suggests Leszner. Combine this with rest periods when you elevate your feet above heart level, he adds.

A more serious problem is a pooling of blood in the feet, known as venous insufficiency, adds Mathews, who is the team podiatrist for Vancouver Whitecaps Soccer Team. "If you have chronic swelling in your feet, you should see a physician," he says.

Athlete's foot is another summertime peril: It's often the result of wearing shoes without socks and not washing the shoes. Blisters can also build up from excessive sweating. Take the time to wear socks and proper running shoes for physical activity.

"Flip flops are a poor quality of foot wear ... They offer no support and should only be used to wear around the pool!"
Dr. Paul Leszners, Toronto podiatrist

When buying sandals look for arch support, heel cup, say experts

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Noot Seear joins New Moon

Vancouver model-turned-actress Noot Seear is joining Robert Pattinson and Co., as villainess Volturi vampire Heidi in New Moon. "I started reading the books," she tells Women's Wear Daily, "and I couldn't put them down." PEOPLE.COM

Entertainment

Twilight Zone

Leonardo DiCaprio's company Appian Way has hired a writer to pen a Twilight Zone film. The movie will be a second stab at a big screen version of the classic '50s TV sci-fi fantasy chiller. EMPIREONLINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Race against time

Woman travels back in time to save world in APTN pilot

IAN JOHNSTON
for Metro Canada

Writer/director Richard Story says his TV pilot, The Time Traveler, is a little different from what folks might expect to see on the Aboriginal Peoples Television Network.

"But not just APTN," says Story, who wrapped filming of the one-hour pilot last week in Toronto. "It's a native time travel sci-fi drama — so it's pretty unique for anywhere."

Produced by Story, Sandra Edmunds, Lorne Cardinal and Kent Sobey, The Time Traveler follows young Nikki (Elitsa Bako), who lives in a future Earth where man has finally learned to live in harmony with nature.

Unfortunately, man is also doomed due to infertility. To save her world, Nikki must travel back to present day Toronto and find the key to saving her dying species.

Shot on a budget that producer Sobey describes as "less than your traditional pilot," The Time Traveler got around its budgetary limitations by approaching the project like an indie feature.

"You use a small crew, you shoot on the street, you get really great shots and sound, fantastic performances, and you take your time putting it together," says Story, who has two features to his resume.

FocusOn FirstNations

APTN Director of Programming Peter Strutt says Time Traveler is part of the channel's increased emphasis on drama — particularly drama with an appeal outside its core audience.

"There will always be our niche programs. But opportunities do arise with some programs to crossover into new audiences," says Strutt, citing recent projects like the family series Mixed Blessings and APTN's sketch comedy Caution May Contain Nuts.

APTN has also joined with other specialty channels in recent years on crossover fare. Recent successes include the casino-set drama Cashing In (made with Showcase), and the creepy crime drama Rabbit Fall, which aired not only on APTN, but Vision and Space.

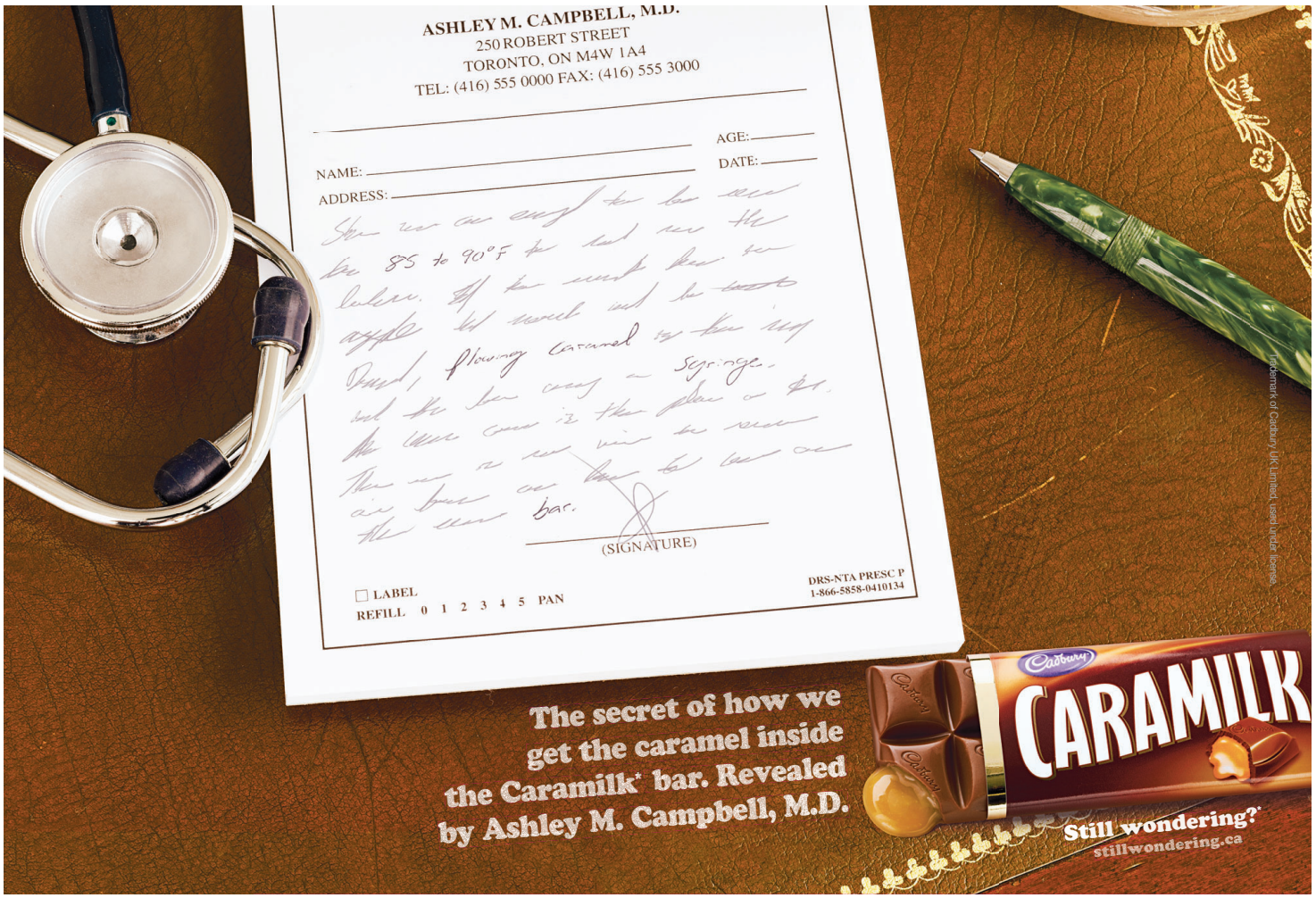
"In collaborations, we can maximize limited resources and support more drama," says Strutt.

The Time Traveler — tentatively scheduled to air in late fall — seems sure to attract more than the regular APTN audience. But that said, Story says it will still deal in aboriginal issues, such as the forced indoctrination of native children into other cultures.

"The pain and alienation of something like that will be there. But for non-aboriginal viewers, it'll be about the story and characters first. But if you're aboriginal and watching it, it's going to be very obvious."

COURTESY JANEK LOWE/TIME TRAVELER PRODUCTIONS

Writer/director Richard Story goes over a scene with one of the stars of his new APTN pilot The Time Traveler.



In fighting trim
Two years and 50 pounds later, Valerie Bertinelli has come full circle in her quest for total fitness with her triumphant completion of a half-marathon in California over the weekend. POPEATER.COM

Creepy and cute-as-a-button

'There aren't really bad little girls in movies'

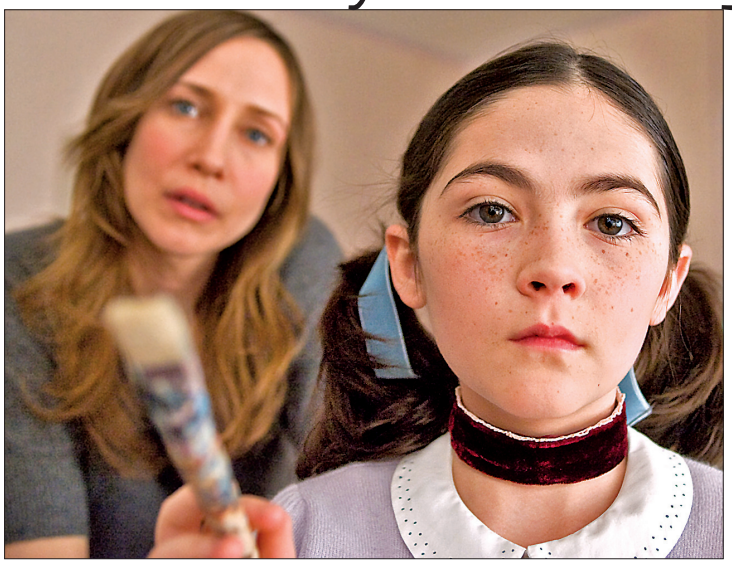
NED EHRBAR
Metro World News

Isabelle Fuhrman wants everyone to know that she's not actually a psychopath.

The 12-year-old actress is so convincing as Esther, the titular adoptee of Orphan, that strangers have been giving her a wide berth since the promotional campaign launched.

"A lot of people who recognize me expect me to be some freaky child who's weird and walks around giving this glare, but I'm not," she insists. "I'm totally different than Esther. It's called acting, OK?"

And it took a lot of work to bring the mysterious, preternaturally creepy Esther to life, but Fuhrman says hair and makeup did most of the work for her. "The minute I got my hair curled, the minute I got into my dress, I would just transform into her, then I would go throughout the day being her, being Esther," Fuhrman says. "Something clicked every morning when I put on the dresses."



From left, Vera Farmiga as Kate and Isabelle Fuhrman as Esther in the new horror thriller Orphan.

While creepy kids are nothing new in scary movies, it's rare that audiences see a creepy little girl. "Most evil characters are male, like in The Good Son or The Omen," Fuhrman says. And that's something that attracted her to the part.

"There aren't really bad little girls in movies. There was The Exorcist, but I never saw that movie. I probably never will," she adds with a laugh.

Making a horror movie in which half the main cast is under the age of 13 can be tricky, especially when the main antagonist is an adorable little girl.

Movie feature

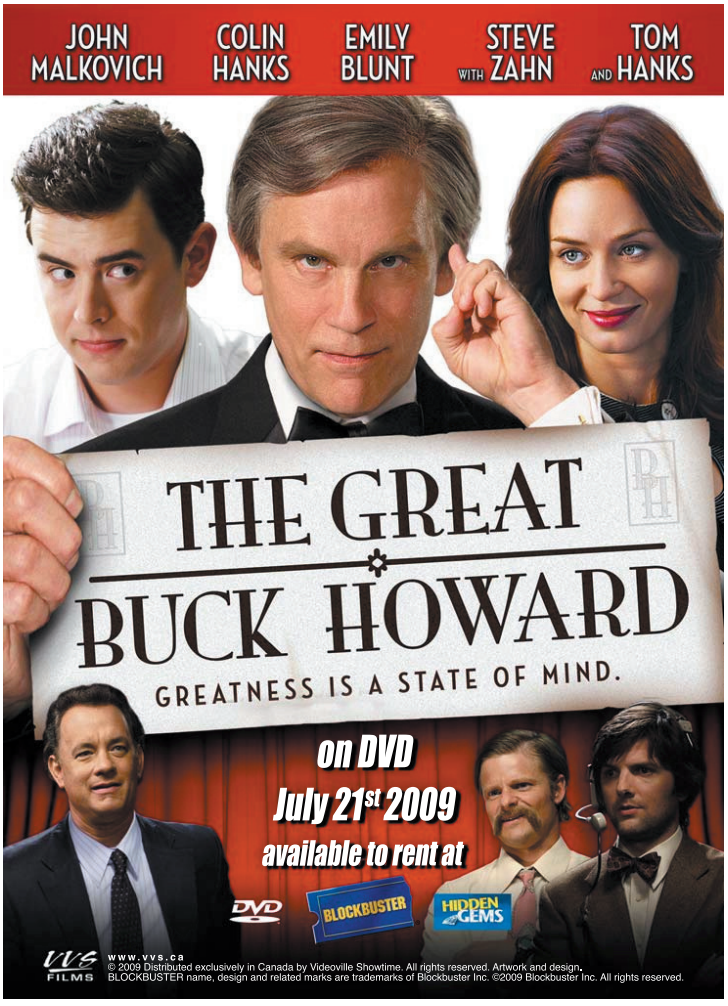
Orphan opens in theatres on Friday

The filmmakers did the best they could to shield their young cast from the coarser subject matter, using barely noticeable digital effects to add in things like swinging hammer heads and stabbing knife blades or coaching Fuhrman to give the right look or line reading without really letting on what her character was up to.

Beginning her career at age seven, Fuhrman has mostly done voiceover work, along with the occasional skit on Jay Leno's Tonight show.

But given that her face basically is the marketing campaign for Orphan, Fuhrman is sure to get a lot more attention than before.

"I go to normal school. I have friends," she says of her non-Hollywood lifestyle. Still, she doesn't mind freaking people out on the street. "If America hates me, I've done my job."



Protesters target Lambert

As American Idol fans lined up outside the HP Pavilion in San Jose, Calif., on Sunday, members of the Westboro Baptist Church were not too far behind to protest the appearance of Adam Lambert, the openly gay runner-up of Fox's show. ADVOCATE.COM

Withers prefers a low profile

Singer appears in doc of 1974 festival, but otherwise shuns spotlight

HEIDI PATALANO
Metro World News

What ever happened to Bill Withers? The soul singer, who wrote such pop classics as Lean On Me and Ain't No Sunshine, vanished from the spotlight in the mid-'80s.

Speaking to him roughly 25 years later, it's clear Withers was never built for the fame that his insightful lyrics and smooth, soothing voice garnered.

"I'm just not given to trying to make every time I do something a national holiday," he says, matter-of-factly. "It's just not my personality and maybe it should be, but (this has) worked for me so far."

Withers is back in the public eye to promote Soul Power, a documentary of the 1974 music festival in Kinshasa — the then-capital of Zaire and now-capital of the Democratic Republic of the Congo — which was staged as a prelude to the Rumble in the Jungle.

Alongside legends like James Brown and BB King among others, Withers performed for the local crowds prior to the infamous fight between Muhammad Ali and George Foreman.

Looking back on the fight itself, Withers doesn't mince words.

"Let's call it what it is — I've heard people try to assign these huge political significances to it, but it was a human version of a cockfight," he says. "Two guys going to beat each other up at four o'clock in the morning in a Third World country, I don't know how important that is."

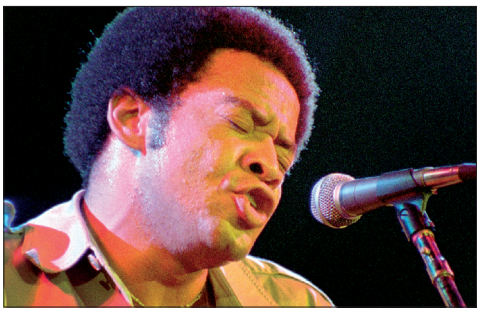
Following a nine-year stint in the navy, Withers spent the 1970s as a well-known figure in the music business. He acquired the trappings of fame, yet apparently held onto his pragmatic, grounded nature.

In the last few years he's contributed songs to a handful of projects, and in the recent documentary Still Bill, you can see he's still at work.

But if you're waiting for a comeback, don't hold your breath — Withers has no urge to re-enter the entertainment world in a big way, even if others are trying pull him out of retirement.

"If you work at the post office and you're 65 years old, and you're kind of winding down, people look at that as normal," says Withers, who is 71.

"Once you've been an entertainer and you're 70 years old, somebody wants to know how come you ain't packing up your bags, getting the band together and heading to Philadelphia. "It's like some 62-year-old actress with cellulite, walking around with a mini skirt on, you know. It's unbecoming. 'C'mon sugar, let's get real.'"



Soul singer Bill Withers appears in Soul Power, a new documentary about the 1974 music festival in Kinshasa that was a prelude to the Rumble in the Jungle.

Soul Power opens in Toronto on Friday

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Freeman goes Red
Morgan Freeman, lately in South Africa playing Nelson Mandela in Clint Eastwood's Invictus, has signed up for something a little more action-packed next, with the news that he's going to star opposite Bruce Willis in spy thriller Red. EMPIREONLINE.COM

DVD picks

Coraline
Director: Henry Selick

THE DVD COMES with old-school 3-D glasses, mimicking the theatrical effect, but this masterful children's horror fantasy is so full of life and texture it doesn't require any such frippery.

You don't need things popping out of the screen to appreciate what director Henry Selick (The Nightmare Before Christmas) and his stop-motion boffins have done with Neil Gaiman's frightfully good story.

Coraline (pronounced Cora-LINE) presents a fully realized alternate world, just outside our own, that simultaneously enchants, terrifies and instructs — the lesson being contained in the tagline adage, "Be careful what you wish for."

It's the dark side of the Alice in Wonderland legend, the saga of a young girl (Dakota Fanning) who enters a cosmic portal to find a world both thrilling and challenging. Unlike the Lewis Carroll story, Gaiman's midnight vision has evil spiders and rats, rather that benevolent rabbits and caterpillars.

The movie also owes a debt to Tim Burton, the visual whiz who produced The Nightmare Before Christmas, and whose earlier Beetlejuice is fondly recalled in the design of Coraline's funky home, where most of the action takes place.

Depending on which of the multifarious DVD packages you purchase, extras include a director's commentary, deleted scenes, a making-of featurette, a "Creepy Coraline" featurette about the movie's alternate worlds and a featurette about the cast behind the voices.

Watchmen
Director: Zack Snyder

HAPPINESS is a relative thing in Watchmen, like the blood-spattered smiley face that is its most powerful symbol.

The surly superheroes of the film's titular collective don't particularly care about saving the planet — and why should they? Their most powerful member, glowing blue quasi-deity Dr. Manhattan (Billy Crudup), can stop most but not all of the bombs in an impending U.S.-Soviet nuclear war. Earth would only be relatively ruined.

Such cynical fatalism hangs heavily over Zack Snyder's exceptional live-action adaptation of the apocalyptic 1980s comic satire by Alan Moore and Dave Gibbons.

Most of the visual details and all of the character shadings of the source tale — first a comic book series, later an award-winning graphic novel — arrive with gratifying exactness and astounding depth.

Against considerable odds Snyder (300) has directed a movie that should satisfy fanboys while engaging adventurous newcomers. Anyone looking for traditional caped heroics should heed the film's first words, as government-backed assassin and rapist The Comedian (Jeffrey Dean Morgan) bites the concrete: "Wrong as usual."

None of it, either on page or screen, can be construed as family entertainment. Watchmen is loaded with savage killings and mutilations, fairly explicit sex and a giant naked blue sage who isn't afraid to display his shortcomings.

If this is what you're into, the multitude of DVD choices should scratch any itch. There's even a limited edition five-disc box that could keep you in your dungeon for days.

Peter Howell/for Metro Canada

Beastie Boy Adam Yauch has cancer

PEOPLE Beastie Boy Adam Yauch has what is described as a "very treatable" cancerous tumour in his salivary gland.

An announcement came yesterday from the group, which is cancelling its tour dates and postponing an album release. The tumour was found early and is confined to one area and Yauch will need surgery and other treatment.

Jones' music rockets into space

MUSIC Quincy Jones won't fly to the moon — but his music did.

As the crew of Apollo 11 rocketed toward their historic moon landing on July 20, 1969, astronaut Buzz Aldrin listened to Jones' arrangement of Frank Sinatra's Fly Me to the Moon.

Jones says that when he heard the news from Sinatra, it was "like something that's surrealistic."

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Chace goes back in time for birthday bash

Chace Crawford may be a star but he still has close ties to his old friends, who helped him celebrate his birthday over the weekend. The Gossip Girl star flew 15 of his old high school and college pals from Dallas to New York to celebrate his 24th birthday, Saturday. METRO NEWS SERVICES

Shaq attacks reality TV

O'NEAL Shaquille O'Neal would deluge Michael Phelps in a cannonball competition. What about a race across the pool?

We'll see. The NBA superstar will star in Shaq Vs., a TV series where the all-star centre will challenge top athletes in their respective sports. During one episode, which debuts on Aug. 8 on ABC, Shaq will swim against Olympic superstar Phelps.

O'Neal, now with the Cleveland Cavaliers, also will try his football skills against Pittsburgh quarterback Ben Roethlisberger, box retired world champion Oscar De La Hoya, trade tennis volleys with Wimbledon champ Serena Williams and play volleyball against Olympic gold medallists Kerri Walsh and Misty May-Treanor. THE ASSOCIATED PRESS

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Beyoncé is ... truly fierce

Destiny's Child diva's skill, showmanship shine onstage

Beyoncé
Venue: Molson Amphitheatre
Rating: ⊕⊕⊕⊕

KEITH CARMAN
for Metro Canada

"Strutting out swathed in gold, Knowles proudly stood to take in the shrieks of excitement loud enough to drown out a flock of jet airliners."

Status. While intangible and immeasurable, it means everything in this day and age.

Much ado is made about the capacity of a pop star to maintain public attention, more often than not at the sacrifice of their actual ability and/or potential. Today, celebrities have the staying power of a shooting star, mired in grabbing headlines via papaparazzi-worthy hijinx as opposed to focusing on crafting great songs and, therefore, great albums.

And then are the anomalies: Those with enough talent and self-awareness to eschew pettiness, preoccupied with guaranteeing their canon is immaculate, creative and professional.

In the decade since her former iconic outfit Destiny's Child called it quits, singer/dancer/entertainer Beyoncé Knowles has become one of those sensations. Pushing her music over miscreancy, albums such as last year's I Am … Sasha Fierce are substantial slabs of sonic prowess.

But how does Knowles fare live? As she traipses the globe on the I Am Tour, is the self-sufficient and above-the-board princess capable or calamitous? Fashion or function?

Well, lack of punctuality aside (the show was 40 minutes late, prompting a neighbouring audience member to admit he'd run out of people to text), she stepped onto the stage, taking all of three seconds to prove beyond a reasonable doubt that she is clearly capable, functional and fantastic.

And she knows it. Strutting out swathed in gold, Knowles proudly stood to take in the shrieks of excitement loud enough to drown out a flock of jet airliners before blasting out opener Crazy In Love.

Kicking into instant high gear with her massive all-female band, she managed not only to exude maturity and ability, but gave one hell of a music lesson to boot through the ensuing borderline two-hour gig.

Referencing everything from James Brown's Pass the Peas and DJ Kool's Let Me Clear My Throat through renditions of Sarah McLachlan and Alanis Morrisette tunes and climaxing with stylized renditions of her own Child-ish past, the songstress left no stone in her lengthy career unturned.

Naturally, Knowles took full advantage of bolstering her already-astonishing vocal competence with an extravaganza including confetti cannons, arrays of lights and spotlights on some of her more prodigious musicians including saxophone and blazing guitar solos.

This, of course, was secondary to her own relentless kicking, sashaying and dancing about, continual flanks of equally-robust sidekicks and costume changes galore.

All in all, though, while many of these peripherals aided this stop of the I Am Tour in bedazzling the audience, it is still Knowles' inherent abilities that ensured it was seamless and stupendous, time notwithstanding.

ConcertReview
music@metronews.ca

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

7/21/09

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	211	331	3	GTV	ET Canada	Entertainment	NCIS "Bounce" (HDTV)		Big Brother 11 (N)		NCIS "Stakeout"		News
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Hell's Kitchen (Season Premiere) (N)				Make Me a Supermodel		CityNews
	212	313	8	CTV	etalk	Hollywood	CSI: Miami		Criminal Minds (HDTV)		Law & Order: SVU		CTV News
	218	345	11	E!	The Insider (N)	E! News	Inside Hollywood		Better Off Ted	Better Off Ted	Ruby (N)	Ruby (N)	News/Eleven
	137	763	13	TFO	Panorama été	Esprit	Sur la Piste de	Villages	*Les Mariés de l'an deux* (1971, Aventures) Marlène Jobert.				Esprit
	-	-	14	-	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	Stargate SG-1		*Eternal Revenge* ★ (1998, Suspense) Alexandra Paul.				The DVD Show	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Bounce" (HDTV)		Big Brother 11 (N)		Medium "Soul Survivor"		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	America's Got Talent		America's Got Talent (N)		Law & Order: SVU		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	The Superstars (N)		Better Off Ted	Scrubs	Primetime: Family Secrets (N)		News
	219	346	20	ACH-B	The Road to Avonlea		Monk		America's Got Talent (N)		Cupid "Left of the Dial"		News (N)
	-	-	28	FOX	Judge Judy	Two/Half Men	Hell's Kitchen (Season Premiere) (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova (DVS)		Nova scienceNOW (N)		Black Coffee		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Hitched or Ditched		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	CBC News	Mansbridge	The Hour		CBC News: The National		Capturing a Short Life		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports		California in Crisis (Live)		Big Mac: Inside McDonald's		Mad Money
sports	405	417	22	net	Darts World Premier League.				Best Damn Sports Show		Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	MLB Baseball Cleveland Indians at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Dog the Bounty Hunter		Cycling Tour de France -- Stage 16. From Martigny to Bourg-Saint-Maurice.						Cycling
	417	406	81	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
family	551	542	25	YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Style by Jury	Friends	House	Style by Jury	Style by Jury	Style by Jury	*A Job to Kill For* (2006, Suspense)		
	570	580	29	MM	One Tree Hill		Degrassi: TNG	Instant Star	Greek "Mr. Purr-fect"		Video on Trial	disBand	One Tree Hill
	615	520	31	A&E	The First 48 "Last Wish"		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner "Split Ends"		The Cleaner
	700	800	35	TLN	Centrovetrine	Sky TG 24	Magnifica Italia	Magnifica Italia	Ma Il Portiere non C'e Mal?		Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		I'm a Celebrity, Get Me Out.		Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	616	521	39	SHO	The Outer Limits		Painkiller Jane		*The House Next Door* (2006, Suspense) Lara Flynn Boyle.				House
	620	523	40	BVO	Journey Justin Hines		Live at the Rehearsal Hall		Michael Bublé		Bravonews	Bravo!Videos	Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43	HIS	NCIS "Once a Hero"		Lost Worlds		To Build a Nation		NCIS "Once a Hero"		Marine Mach.
	625	548	44	COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	MLB Baseball San Francisco Giants at Atlanta Braves. From Turner Field in Atlanta.						Seinfeld	Family Guy	Family Guy
	576	582	49	BET	106 & Park	*Madea's Family Reunion* ★★ (2006, Comedy) Tyler Perry, Blair Underwood.					College Hill	College Hill	BET Awards
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Torchwood: Children of Earth		Stargate SG-1
	581	566	52	MTV	MTV Cribs	After	MTV News	Cribs	Run's House	Run's House	Daddy's Girls	Daddy's Girls	MTV Live
	618	524	54	TROP	Power Play		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	56	FOOD	Chef at Home	French Food	At the Table	At the Table	Hell's Kitchen		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		5 Seekers	Search	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	etalk	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Big Comfy	Zigby	Max & Ruby
	115	711	101	TVA	Qui perd gagne (SC)		Fort Boyard (SC)		Nos étés "L'Été 1966" (SC)		TVA 22 heures	Juste pour rire	Sucré-salé
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing Death row inmate.		The Closer		Ghostly Enc.	In Dreams	Psychic Inv.
	300	601	301	M1	(7:15) *The Chair* (2007, Suspense) Alanna Chisholm.				*In the Valley of Elah* ★★★ (2007, Drama), Jason Patric				*The Ruins*
	305	612	306	PIX	*Hoosiers*		(7:20) *The Good Shepherd* ★★ (2004)		*BASEketball* ★★ (1998, Comedy)				(10:45) *Calendar* (1993)

critics'corner

Scrubs
"Scrubs" proudly has kept itself mainly free of sentimental "awwwwwwww" moments, so you probably won't need to keep a box of hankies nearby as the Janitor and Lady hold their typically quirky tropical seaside wedding ceremony in part one of "My Soul on Fire." Zach Braff, Sarah Chalke, Donald Faison and John C. McGinley also star. 9:30 PM on ABC

NCIS
A murder prompts the reopening of one of Tony's old investigations, which continues to haunt him, leading Gibbs to reverse roles with him to solve the case. David McCallum, Pauley Perrette and Sean Murray also star in "Bounce." 8 PM on GTV CBS

Better Off Ted
Veronica learns a shocking bit of news about her dad, Elijah, the CEO of another big company, with whom she has an out-of-control rivalry. Ted is thrilled that Phil and Lem's new cure for baldness may finally score points with his impossible-to-please father in "Father, Can You Hair Me?" 9 PM on ABC E!

In brief

CRONKITE CBS says the voice of Walter Cronkite will continue to be heard announcing the CBS Evening News with Katie Couric. Cronkite recorded the introduction to the newscast for almost 20 years in 2006, when Couric became anchor. Following his death Friday, the network had planned to retire the recording but reconsidered.
THE ASSOCIATED PRESS

GlobalStyle
Kenya Hunt
Read Kenya exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

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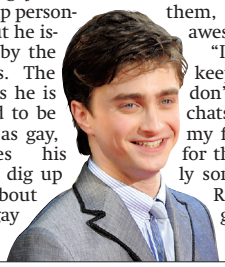
MJ movie in works
It didn't take long — Variety reports High School Musical director Kenny Ortega has been tapped for a Michael Jackson film project in which Sony Pictures paid $50 million US to AEG Entertainment for rights to the 80 hours of Jackson rehearsal footage. FEMALEFIRST.CO.UK

Celebrity Buzz

Daniel loves gay rumours

RUMOUR MILL Daniel Radcliffe loves the fact people think he's not straight, femalefirst.co.uk reports.

The Harry Potter star admits that strangers often think he's gay because of his camp personality — but he isn't fazed by the comments. The star insists he is so thrilled to be mistaken as gay, he urges his friends to dig up gossip about him on gay blogs.



He told Moviefone: "It's wonderful. I grew up around gay people my entire life, basically, that's possibly why I'm quite camp, and some people think I'm gay when I meet them, which I think is awesome.

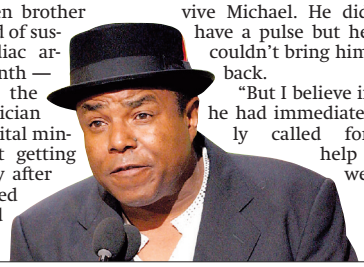
"It's always good to keep them guessing. I don't go on any blogs or chats or anything, but my friends are demons for them, and apparently someone said 'Daniel Radcliffe is gay. He's got a gay face.'"

METRO NEWS SERVICES

MJ doctor shares blame: Tito

ACCUSATION Tito Jackson claims Dr. Conrad Murray's "panicking" helped cause his brother's death, femalefirst.co.uk reports.

Jackson — who was devastated when brother Michael died of suspected cardiac arrest last month — accused the star's physician of wasting vital minutes by not getting help quickly after he collapsed and stopped breathing.



He said: "My opinion is that he panicked when my brother didn't wake up.

"I think the doctor probably figured he was in trouble and he tried to revive Michael. He did have a pulse but he couldn't bring him back.

"But I believe if he had immediately called for help we might still have my brother here today, he would definitely still be alive."

Tito also accused Murray of failing to carry out CPR correctly. It has been revealed the physician administered CPR on the dying star while he lay on a soft bed instead of the accepted practice of a hard surface.

Tito, 55, added in an interview on Spanish TV: "The CPR attempt is one of the things I noticed that was very strange."

METRO NEWS SERVICES

Best or worst boyfriend ever?

REAL SMOOTH Really sweet or just really cheap? Several years ago, when they were still dating, John Mayer was set to miss Jessica Simpson's birthday because of a tour, according to Page Six.

"Everyone thought John would forget her birthday, but then a gift arrived from him," a source said. "It was a DVD of him in concert. Jessica spent the rest of the night watching the DVD on a loop, 'being with him.' It was so sad."

METRO WORLD NEWS

Scarlett in, Gwyneth out?

BEEF There appears to be tension between the starlets of Iron Man 2 after the release of promo photos.

Gwyneth Paltrow, star of the Iron Man series, is reportedly miffed that sequel co-star Scarlett Johansson is featured more than her, the Sun reports.

"Gwyneth was afraid she'd be upstaged by Scarlett and not being in the campaign was the final straw," a source said. "She is furious she's been left out."

GETTY IMAGES

METRO WORLD NEWS

Heartbreaker Blake wants album royalties?

GOLD DIGGER? Amy Winehouse's estranged husband is after a piece of her hit album, Back to Black, since he feels he's the reason it exists, according to News of the World.

Blake Fielder-Civil claims that he deserves $9 million US in their pending divorce settlement because he was the inspiration for several songs on the album, written while the pair had temporarily split.

"Amy did write Back to Black when Blake left her, but why on earth should he be getting a dime for making her feel so bad?" a source wondered.

METRO WORLD NEWS

'No' to reunion with Jess

OFF THE TABLE Although Jessica Simpson and Nick Lachey — former spouses and stars of reality show Newlyweds — find themselves suddenly single at the same time, Lachey says there will be no reunion, people.com reports.

"I think it's fun storytelling, but there's very little truth to any of it," the singer told People. "I certainly have heard about her breakup and I wish her the best, as I've always done. Aside from that, there really is nothing to say."

So has he spoken to his ex-wife since her split from Tony Romo? "I haven't talked to her in probably two years," he said. "I wish her happiness. That's where it pretty much ends."

As for his own breakup with Vanessa Minnillo, Lachey doesn't seem to be too torn up. "I'm in a good place," he said. "I've learned, through years of not only being in this business, but being in relationships, that you have to take it as it goes."

METRO NEWS SERVICES

Threats derail Brit's family plans

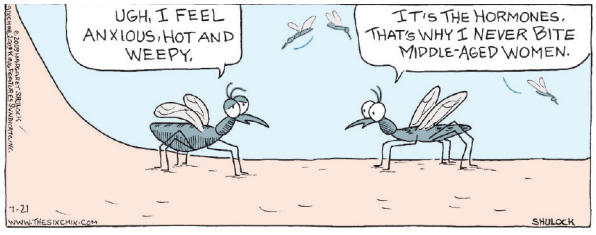
DANGEROUS After receiving a series of email death threats, Britney Spears is opting to drop her two sons off in London during the Russian leg of her world tour rather than take them with her.

"Originally, both boys were to accompany Britney but she was against taking them because of these constant threats," a tour spokesman told the Sun.

Spears herself will base her operations out of Finland for the St. Petersburg and Moscow concerts next week. The identities of the those sending the threatening emails are unknown.

METRO WORLD NEWS

SixChix — For more cartoons, visit metronews.ca



ONE AFTERNOON ON ELLEN'S ARM

Mischa troubles delay show?

FALLOUT While rumour is actress Mischa Barton is allegedly on suicide watch in a Los Angeles hospital, the Hollywood Reporter reveals production on her new CW series, The Beautiful Life, has been delayed for a week. Shooting was set to begin tomorrow but will now begin July 31. Producers insist the delay has nothing to do with Barton's hospitalization and is instead because several sets have not yet been completed.

METRO WORLD NEWS

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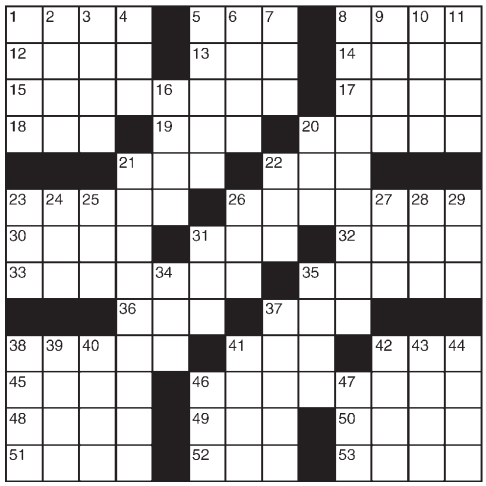


Crossword across

1 Gumbo pod
5 Hot tub
8 "War of the Worlds" world
12 Do some fingerpainting
13 Embrace
14 Egress
15 Stick with a kick
17 Pleasant
18 Drunkard
19 Pismire
20 Beginning
21 Turn on the waterworks
22 Greet the villain
23 Westminster, e.g.
26 Our first chief justice
30 Burp a Tupperware lid
31 "Friends" cast member
32 "Music Man" locale
33 Fit
35 Precipitous
36 Mentalist Geller
37 Witness
38 Squamous
41 Madam's partner
42 Leary's drug
45 Amahl's night visitors
46 Moocher
48 Leave out
49 It has strings attached
50 Birthright barterer
51 Kelly or Simmons
52 Nerd-pack occupant
53 Means' mates

Crossword down

1 Probability
2 Deck, in the ring
3 Litter's littlest
4 Lawyers' org.
5 Lustrous
6 Green shot
7 Census stat
8 Amish, e.g.
9 Pivot line
10 — Krispies
11 Undo a dele
16 Author — Higgins Clark
20 Reaction to fireworks
21 Gym-goer's target, maybe
22 Carton
23 Blond shade
24 Spelldown
25 Sheepish remark
26 Cohort of Whoopi and Elisabeth
27 Average guy
28 Shock partner
29 Shrill bark
31 Actor McBride
34 Attempt
35 Anti-toxins
37 Ambulance warning
38 Urban blight
39 Arrived
40 Not "fer"
41 Benefit
42 Sax-playing Simpson
43 Go no farther
44 God (Lat.)
46 3-Down, e.g.
47 Stitch

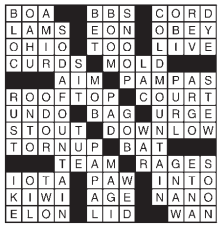
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6		5	2	8		1	
3								5
		9				6		
8	4		1		2		9	7
				7				
5	7		4		3		8	6
		5				7		
9								2
	8		6	1	4		3	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	1	8	5	2	4	3	9
5	3	4	7	9	6	1	8	2
9	2	8	4	1	3	6	7	5
7	5	9	3	8	4	2	6	1
1	8	6	9	2	7	3	5	4
3	4	2	1	6	5	7	9	8
4	6	5	2	3	8	9	1	7
8	9	7	6	4	1	5	2	3
2	1	3	5	7	9	8	4	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Baked Eggplant with Yogurt

INGREDIENTS:

4 tbsp (60 ml) extra-virgin olive oil
1 red onion, finely chopped
2 garlic cloves, finely chopped
1 can (398 ml) diced tomatoes
2 tbsp (10 ml) sundried tomato paste
½ cup (125 ml) dry red wine
1 bay leaf
2 tbsp (25 ml) chopped parsley
Pepper to taste
3 small eggplants, cut into ½-in. (1-cm) slices
3 zucchinis, thinly sliced
½ tsp (2 ml) ground cumin
14 oz (400 g) plain low-fat yogurt
2 eggs, beaten
2 tbsp (25 ml) freshly grated Parmesan cheese

METHOD:

1. Heat 1½ tbsp (20 ml) oil in pot, add onion and cook about 8 minutes or until softened. Add garlic and cook for further minute, stirring. Stir in diced tomatoes with their juice, tomato paste, wine and bay leaf. Cover and simmer gently 10 minutes.
2. Uncover pot and let sauce bubble 10 minutes or until thickened, stirring occasionally. Remove bay leaf. Stir in parsley and pepper.
3. While sauce is simmering, preheat broiler. Lightly brush eggplant and zucchini slices with remaining 2½ tbsp (30 ml) oil. Cook under broiler, in batches, 3–4 minutes per side or until browned and very tender.
4. Preheat oven to 350 F (180 C). Stir cumin into half the yogurt. Arrange one-third of eggplant slices, in one layer, in 2½-qt (2.5-l) ovenproof dish. Spoon over half the tomato sauce. Arrange half of zucchini slices on top, in one layer, then drizzle with half the cumin-flavoured yogurt. Repeat layers, then finish with layer of remaining eggplant slices.
5. Mix remaining half of yogurt with beaten eggs and half the Parmesan cheese. Spoon yogurt mixture over top layer of eggplant, spreading with back of spoon to cover evenly. Sprinkle with remaining Parmesan cheese.
6. Bake 40–45 minutes or until top is lightly browned and set and sauce is bubbling. Serve hot, in baking dish.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
People you meet on your travels could be important to you career-wise, so put on your friendly face. Maybe they want to give.

TAURUS ♉
APRIL 21-MAY 21
Today's link between your ruler Venus and Saturn, planet of sacrifice and success, means you've got what it takes — so go ahead and take it.

GEMINI ♊
MAY 22-JUNE 21
Recent events may have stirred your sense of adventure but responsibilities of a familial and financial nature have held you back.

CANCER ♋
JUNE 22-JULY 22
You seem to be worrying about what others might think of you, but why should you care? Be who you are and do what you do.

LEO ♌
JULY 23-AUG 23
You may think that certain people no longer care about you but the truth is you have never been more in their thoughts.

VIRGO ♍
AUG 24-SEPT 22
It's part of your nature to look for compromises and that's good because you won't get far without them over the next 24 hours.

LIBRA ♎
SEPT 23-OCT 23
Your efforts will show those who matter that you are not, like some people, all talk and no action. They will reward you accordingly.

SCORPIO ♏
OCT 24-NOV 22
If you give others the impression that you don't know what you are doing they will lose confidence in you and look elsewhere for assistance.

SAGITTARIUS ♐
NOV 23-DEC 21
You may disapprove of what someone is up to but do you have the right to demand that they stop?

CAPRICORN ♑
DEC 22-JAN 20
It is a real possibility that you will enjoy some kind of windfall over the next few days. It will give you the breathing space you need.

AQUARIUS ♒
JAN 21-FEB 18
Don't worry if you feel a bit run down at the moment because you will get your second wind over the next few days.

PISCES ♓
FEB 19-MARCH 20
Whatever it is you are worrying about you know, deep down, that nothing bad will come of it.

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This day in history

JULY 21, 356 BC: Herostratus sets fire to the Temple of Artemis in Ephesus, one of the Seven Wonders of the World.
JULY 21, 1865: In the market square of Springfield, Mo., Wild Bill Hickok shoots and kills Davis Tutt in what is regarded as the first true western showdown.
JULY 21, 1925: Scopes Trial: In Dayton, Tenn., high school biology teacher John T. Scopes is found guilty of teaching evolution in class and fined $100 US.
JULY 21, 1960: Sirimavo Bandaranaike is elected prime minister of Sri Lanka and becomes the first woman prime minister in the world.

METRO NEWS SERVICES

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Throw in to include a writing tablet (1)
2. Be in debt to Senator Lieberman (1)
3. Made a cut in a home plate glove (1)
4. Overly keyed-up "pit" snake (2)
5. Easing the rate of using oars (2)
6. Cradle pusher's gym storage places (2)
7. Forward-thrusting fencer's plumber tools (2)

ANSWERS
1. ADD PAD 2. OWE JOE 3. SLIT MITT 4. HYPER VIPER
5. SLOWING ROWING 6. ROCKERS LOCKERS 7. LUNGERS PLUNGERS

7-21-09

ADVERTISING FEATURE

Why Detox is Doctor Recommended for Your Health

Can Toxins in the air and food be making you sick?

In today's society, finding the time to prepare and eat healthy meals is a challenge. Together with stress, pollution and chemicals found in food & water, unhealthy diets are impacting our overall health and well being. It's important to help your body eliminate toxins – any substance that creates irritating or harmful effects in the body and undermine your health – reports Dr. Michael Ho.

"After 20 years of practice and from personal experience, I learned that one of the biggest things affecting our health is our digestive tract," he says. "Irregularity causes toxic build up – can lead to things like bloating, irritable bowel syndrome, gas, constipation, chronic fatigue and weight gain," Dr. Ho says. Other symptoms include Candida yeast infections, diverticulitis, indigestion, cramping, heartburn, hemorrhoids and other serious health concerns.

Solution

You can help your body eliminate these harmful toxins with DR-HO'S® Digestive Detox System. With all-natural ingredients, it helps cleanse the intestinal tract by eliminating fats, built-up toxins, parasites, and bad bacteria from your digestive system.

If you're doing a cleanse for the first time, Dr. Ho recommends a 60 or 90 day cleanse. "Because the toxins in your body have accumulated over time, it can take 60 to 90 days of detox to rid years of build up" he says. The system is very easy to use. You do not need to change your eating habits. "Even if you have a sensitive system, this system won't cause diarrhea or cramping," says Dr. Ho. "You don't have to change your lifestyle, because it's a complete cleanse." "Our detox program is safe for diabetics and people on medications", says Dr. Ho. There's even customer support available to answer any questions you may have while on the cleanse.

The benefits of detox are numerous. "After just a couple of weeks, you can expect daily bowel movements, less bloating and within 4 - 6 weeks, you can lose up to 15 pounds and your abdomen will start to appear flatter. You'll feel lighter, more energetic and have more restful nights," says Dr. Ho. The system has earned rave reviews. "A lot of people notice that they lose weight, their hair, skin and nails look vibrant, they're more regular and feel more energetic and healthier, which is because the body is able to absorb nutrients more effectively. Once people start a detox, they naturally want to eat better and will continue to feel better, which is why I recommend families do this together."

Surrounded by Toxins

No matter how careful or clean, you are inevitably exposed to potentially harmful toxins every day. Today's food, water and environment are littered with toxins that are difficult, if not impossible, to avoid:

Toxic Facts

The Environmental Protection Agency reports that in 2002, almost 4.79 billion pounds of toxins were released into the atmosphere from 24,379 U.S. facilities. Within these pollutants, 72 million pounds were identified as carcinogens (cancer causing).

An analysis of over 22 million tap water quality tests found in excess of 300 contaminants in water served to the public. Of those pollutants, they found:

- 83 agricultural pollutants
- 59 contaminants linked to wastewater treatment
- 166 industrial chemicals from consumer products and factory waste
- 52 linked to cancer
- 41 linked to reproductive toxicity
- 36 linked to development toxicity
- 6 linked to immune system damage

"95% of chemicals used in fragrances are synthetic compounds including many toxins that are capable of causing cancer, birth defects, central nervous system disorders and allergic reactions.

"Studies show pesticides can cause leukemia, brain tumors and lymphomas.

The reality is that we cannot avoid contact with toxins, but we can help protect our health by detoxing our bodies through a digestive detox.

For more information on how DR-HO'S Digestive Detox can help you, please visit www.DrHoNow.com.

DR-HO'S Exclusive Metro Summer Sale Ends Friday July 24th

SAVE OVER 45%

The first 50 customers will get DR-HO'S Quick Trim Weight Loss Tea FREE with your purchase of DR-HO'S Digestive Detox!

Before

***Experience the Benefits of Detox*: Starts Today, Ends Friday, July 24th**

DR-HO'S Digestive Detox System gently cleanses your body of harmful bacteria, toxins and fats. A clean digestive system is essential for your health and weight management. DR-HO'S Detox is the best cleanse available. It's easy, gentle on your system and will not cause cramping or rushing to the washroom. Become more regular, lose weight, sleep better, have more energy and look and feel younger and healthier with DR-HO'S Detox. Dr. Michael Ho.

DR-HO'S Detox helps with:

- Constipation
- Bloating, Gas & Cramps
- Weight Gain
- Candida Yeast Infection
- IBS (Irritable Bowel Syndrome)
- Water retention
- Heart Burn / Indigestion
- Diverticulitis

Do You Need To Detox?

	YES	NO
Do you feel bloated?	☐	☐
Do you suffer with digestive problems including IBS?	☐	☐
Do you feel tired?	☐	☐
Have trouble losing weight?	☐	☐
Hair, skin & nails look dull?	☐	☐
Do you go to the washroom less than 2-3 times a day?	☐	☐

If you've answered "YES" to any of the above, you need to detoxify your digestive system.

Benefits of Detox!

- ○ Lose weight
- ○ Bloating & gas relief
- ○ Increase energy
- ○ Regular bowel movements
- ○ Reduce food cravings
- ○ Beautiful hair, skin & nails
- ○ Boost your immune system
- ○ Improve your health

30 Day Money Back Guarantee

* Dr.Ho recommends detoxing for 60-90 days for a first time cleanse

Nicole C.

"I lost a few pounds, I had more bowel movements, my energy increased, the bloating really decreased and I had no more cravings, It's like a weight off my shoulders except it's my stomach."

Audrey K.

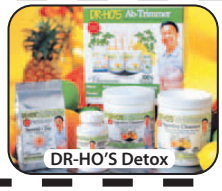
"I've had constipation all my life and Type 2 Diabetes for 10 years. I have lost 35 pounds of fat off my body. I look better, feel better and take no more meds."

Dan F.

"DR-HO'S Ab-Trimmer has given me my life back. I suffer from IBS but, now I am enjoying the best health I've ever had in my adult life."

Alecia N.

"I immediately noticed that my stomach felt flatter, my clothes felt looser, and my bowel movements were more regular!"


DR-HO'S Detox

+

Quick Trim Weight Loss Tea

SAVE OVER 45%

SALE - ENDS FRIDAY

Regular Price: ~~$113.97~~

Promo Price: $59.99

Total Savings: $53.98

Maximum: 6 per customer

Don't Miss Out! Order Today!

Phone: 1-877-374-6669 (Toll-Free, 7am-3pm)
1-800-834-5963 (Toll-Free, after 3pm)

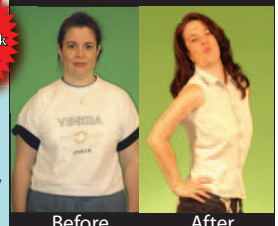
Web: www.DrHoNow.com

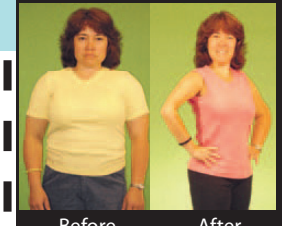
Visit us: 145 Anderson Ave. Markham, ON, CAN L6E 1A4

Promo Code: FreeTea

Before After

Before After


Before After


Before After

AIR CANADA VACATIONS

CAPTURE *YOUR* MOMENT

PHOTO CONTEST

Submit your best vacation photograph in one of five categories—sight, smell, sound, taste and touch—and be entered to win a great prize.[1]

1st PRIZE
A 7-night Air & Hotel, Luxury Included® Vacation for 2 at Beaches Turks & Caicos Resort Villages & Spa in Turks & Caicos

2nd PRIZE
A 7-night Air & Hotel, all-inclusive vacation for 2 at Gran Bahia Principe Cayo Levantado, Don Pablo Collection in Samana, Dominican Republic

3rd PRIZE
A 7-night Air & Hotel vacation for 2 at Outrigger Reef on The Beach in Honolulu, Hawaii

ONE OF TEN
Air Canada Vacations gift certificates of $500 each

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Submit your photo at **aircanadavacations.com/captureyourmoment**

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Book and pay in full by November 2, 2009.[2]

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Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. Ontario registration #50013537. Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Air Canada Vacations Photo Contest (the "Contest") is open to Canadian residents having attained the age of majority in their province of residence. Amateur photographers only. Professional photographers may not participate. Contest commences at 8:00 a.m. ET on July 1, 2009 and closes at 11:59 p.m. ET on February 25, 2010. One entry per person. No purchase necessary. Thirteen prizes to be won, as listed on page, selected on the basis of best photographs submitted. Based on a departure from Toronto's Lester B. Pearson International Airport, excluding applicable taxes, approximate total value of the first prize is $5,000; of the second prize is $4,000; of the third prize is $3,000. Ten additional prizes valued at $500 each. Chances of winning a prize depend on number of entries received and on the decision of the Contest judges, selected by Air Canada Vacations. For full details, rules and regulations, visit aircanadavacations.com/captureyourmoment. [2]Offers valid for travel from Nov. 1, 2009 and completed by April 30, 2010. New bookings only. Subject to availability. Offer is subject to change without notice and can only be combined with early booking bonuses offered by hotels and resorts. Early booking bonus not applicable when hotel is on sale. Not applicable to group bookings. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

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